

Contraceptive Methods Available at the Student Health Care Center

Contraceptive Method	STI Protection	Effectiveness (%) “typical”use - perfect use	Convenience	Reversibility	
Birth Control Pill	No	95-99	Must take pill daily	Fertility typically returns within one month of cessation	} Hormonal methods
Depo Provera (“Depo”) injectable	No	99	Must see provider every 3 months for another injection	Potential for 10-12 month period of infertility	
NuvaRing	No	98-99	Must insert a new ring once a month	Fertility typically returns within one month of cessation	
Ortho-Evra (“the patch”)	No	98-99	Must change the patch once a week for 3 weeks	Fertility typically returns within one month of cessation	
Implanon (implant)	No	99	Must be inserted and removed by provider. Provides pregnancy prevention for up to 3 years.	Fertility typically returns quickly once it is removed	
Intrauterine Device (IUD) (2 brands: Mirena and Paragard)	No	97-99	Inserted by provider and left in place for 5-10 years (depending on the brand)	Fertility is immediately restored upon removal of the IUD	
Latex Condoms	Yes	85-98	Must apply just prior to intercourse	Fertility is not altered	} Barrier methods
Diaphragm	No	80-92	Can be inserted any time before intercourse, even during foreplay; needs to be fitted by provider	Fertility is not altered	
Cervical Cap	No	80-92	Can insert up to 40 hours prior to intercourse; needs to be fitted by provider	Fertility is not altered	
FemCap	No	80-92	Can insert up to 40 hours prior to intercourse	Fertility is not altered	

** For up-to-date pricing information, call 392-1161 and ask for the Pharmacy*



352.392.1161, For more information: www.shcc.ufl.edu

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