

NFP Methods vs CONTRACEPTION

 Possible Side Effects
  Harmful to Future Fertility
  % Effectiveness Avoiding Pregnancy with proper teaching and use of the method
  Responsible For Use

Conception: union of sperm and egg; the beginning of human life.

















 **Contraceptive:** Prevents conception.

 **Abortifacient:** Agent may end human life after conception has occurred.


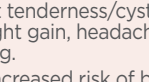

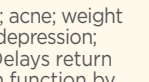

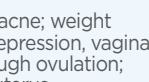

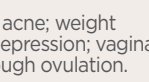








Credit: Peter Danis, MD, Family Physician, Certified FertilityCare Medical Consultant, Gavin Puthoff, MD, Ob/Gyn, Certified FertilityCare Medical Consultant 2024. See page 11 for sources.


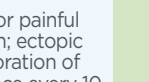

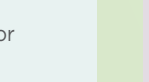







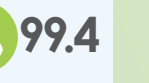

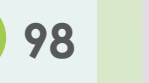






For a complete listing of side effects and relevant statistics, please visit STLouisNFP.org.

NATURAL METHODS

| Billings Ovulation Method | Creighton Model | Couple to Couple League | Marquette Method |
|---|---|---|--|
| all natural | all natural | all natural | all natural |
| * avoid OR achieve pregnancy | * avoid OR achieve pregnancy | * avoid OR achieve pregnancy | * avoid OR achieve pregnancy |
|  NONE  & |  NONE  & |  NONE  & |  NONE  & |
|  NO  98 |  NO  99.5 |  NO  99.4 |  NO  98 |

ARTIFICIAL METHODS

| The Pill, Patch or Vaginal Ring Combination hormonal | Depo Provera Shot Progestin only | Mirena IUD Intrauterine Device with progestin | Implanon Progestin implanted under skin |
|--|---|--|---|
| artificial hormones | artificial hormone | device + artificial hormone | artificial hormone |
| * contraceptive * potentially abortifacient | * contraceptive * potentially abortifacient | * contraceptive * potentially abortifacient | * contraceptive * potentially abortifacient |
|  Common: breast tenderness/cysts, depression, weight gain, headaches, irregular bleeding. Less common: increased risk of breast cancer, liver tumors, stroke, heart attack, blood clots, elevated blood pressure.  |  Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness. Delays return of normal ovarian function by average of 8-10 months after last shot; decrease in bone density  |  Irregular bleeding; acne; weight gain; headaches; depression, vaginal dryness; breakthrough ovulation; perforation of the uterus. Replace every 5 years.  |  Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness; breakthrough ovulation. Replace every 3 years.  |
|  MAY DELAY  99.6 |  DELAYS  99.7 |  DELAYS  99.8 |  DELAYS  99.9 |

| IUD Intrauterine Device | Condom | Diaphragm | Tubal Ligation | Vasectomy |
|--|--|--|--|--|
| device | barrier | barrier | surgical | surgical |
| * contraceptive & * potentially abortifacient | * contraceptive | * contraceptive | * contraceptive | * contraceptive |
|  Heavy, irregular or painful menses; infection; ectopic pregnancy; perforation of the uterus. Replace every 10 years  |  Allergic reaction or irritation.  |  Allergic reaction or irritation; Sometimes difficult to remove  |  Surgery may be complicated if pregnancy occurs by bleeding and/or infection. Increased rate: hysterectomy, ectopic pregnancy  |  Surgery may be complicated by bleeding and/or infection. May increase risk of prostate cancer.  |
|  POSSIBLE  99.4 |  NO  98 |  NO  84 |  YES  99.5 |  YES  99.9 |

Natural Family Planning (NFP) Methods vs. Contraception

| Methods | Possible Side Effects | % Effectiveness Avoiding Pregnancy | | Harmful to Future Fertility | Responsible for Use |
|--|---|------------------------------------|---------------|-----------------------------|-----------------------|
| Natural Family Planning | Only method of FP that can be used to achieve/avoid pregnancy | Perfect Use † | Typical Use ^ | | Fosters Communication |
| Billings Ovulation Method - mucus based | None | 98 | 90 | No | Man and Woman |
| Creighton Model Fertility Care System - mucus based | None | 99.5 | 96.8 | No | Man and Woman |
| Couple to Couple League (CCL) - symptothermal, mucus & temperature based | None | 99.4 | 98.2 | No | Man and Woman |
| Marquette Model - mucus & electronic fertility monitor based | None | 98 | 93 | No | Man and Woman |
| Barrier Methods* | | | | | |
| Condom | Allergic reaction or irritation. | 98 | 83 | No | Man |
| Diaphragm | Allergic reaction or irritation, Sometimes difficult to remove. | 84 | 83 | No | Woman |
| Vaginal Spermicides* | | | | | |
| Creams, Gels, Suppositories | Allergic reaction or irritation. | 84 | 79 | No | Woman |
| Sterilization Surgeries* | | | | | |
| Tubal Ligation | Surgery may be complicated by bleeding and/or infection. Increased rate: hysterectomy, ectopic pregnancy if pregnancy occurs | 99.5 | 99.5 | Yes | Woman |
| Vasectomy | Surgery may be complicated by bleeding and/or infection. May increase risk of prostate cancer. | 99.9 | 99.8 | Yes | Man |
| Intrauterine Device (IUD) * ** | | | | | |
| Affects sperm motility/survival and affects the lining of the uterus and prevents the implantation of the early human life in the uterus; <i>requires replacement every 10 years.</i> | Heavy, irregular or painful menses; infection; ectopic pregnancy; perforation of the uterus. | 99.4 | 99.2 | Possible | Woman |
| Hormonal Contraception (2 hormones) - Pill, Patch, Vaginal Ring | | | | | |
| * Contraceptive : Suppresses ovulation (the release of an egg). If ovulation occurs, the sperm may be prevented from reaching the egg because of thickened cervical mucus. ** Abortifacient : if ovulation occurs (2-29% of cycles) and conception occurs, the hormones act by preventing the implantation of the early human life in the uterus. | Common : breast tenderness/cysts, depression, weight gain, headaches, irregular bleeding. Less Common : increased risk of breast cancer, liver tumors, stroke, heart attack, blood clots, elevated blood pressure. | 99.6 | 91 | May Delay | Woman |
| Hormonal Contraception (1 hormone = Progestin only) | | | | | |
| * Contraceptive and ** Abortifacient : works like the combination hormonal contraception, but breakthrough ovulation occurs more frequently | | | | | |
| Implanon (Implant in skin) <i>replacement required every 3 years</i> ; breakthrough ovulation can occur after 30 months (3% between 30-36 months) | Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness. | 99.9 | 99.9 | May Delay | Woman |
| Mirena (IUD with hormone) <i>replacement required every 5 years</i> ; breakthrough ovulation 45% at 1 year and 75% at 4 years | | 99.8 | 99.8 | May Delay | Woman |
| Progestin only Pill (breakthrough ovulation 33-65%) | | 99.6 | 91 | May Delay | Woman |
| Depo-Provera (<i>injection every three months</i>) breakthrough ovulation can occur but incidence not known | See above; delays return of normal ovarian function by average of 8-10 months after last shot; decrease in bone density | 99.7 | 99.7 | Delays | Woman |

Conception: union of sperm and egg; the beginning of human life
***Contraceptive**: prevents conception
****Abortifacient**: agent that ends human life after conception has occurred

† **Perfect Use**: method taught and practiced correctly to avoid pregnancy
^ **Typical Use**: method taught and/or practiced with some inconsistency to avoid pregnancy

updated 8/2024
Credit:
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Gavin Puthoff, MD, Ob/Gyn, Certified FertilityCare Medical Consultant, 2019

Methods of Family Planning

2024 References

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