

		Administration recommends discontinuation after 2 years because of decreased bone density
Ortho Evra transdermal system 4.5-cm square patch with norelgestromin and ethinyl estradiol Hormonal patch applied to skin weekly for 3 weeks per month Suppresses ovulation, thickens cervical mucus, and thins endometrium	88.2% effective in perfect users Simple to use Regular menstrual cycles Not associated with sexual activity Avoids first-pass metabolism, resulting in more constant levels	Not recommended for women >90 kg (198 pounds) Possible side effects include skin reaction at site, nausea, headache, dysmenorrhea, and breast tenderness Slight increase in risk of blood clot formation over combination OCP Patch may be visible No STI protection
NuvaRing Etonogestrel plus ethinyl estradiol Soft flexible transparent ring placed in vagina for 3 weeks Suppresses ovulation	99.3% effective Immediate return to ovulation at discontinuation May leave in place during sexual intercourse Avoids first-pass metabolism, resulting in more constant levels No spermicide needed No vaginal erosion No weight gain	Device may be felt by female or partner during sexual intercourse Device may fall out Possible side effects include headache, vaginitis, leukorrhea, nausea, and breakthrough bleeding May have late withdrawal bleeding requiring placement of ring during menses No STI protection
Levonorgestrel intrauterine system (Mirena) T-shape intrauterine device that releases 20 mcg/d of levonorgestrel Inserted within 7 days of menses and remains in place for 5 years Thickens cervical mucus and inhibits sperm mobility and function	>99% effective Effectively prevents fertilization, resulting in low rates of ectopic pregnancy Reduced length and quantity of menstrual bleeding Reduced dysmenorrhea No weight gain	Risk of perforation at time of insertion 2% to 12% expulsion rate Not recommended in nulliparous women or women not in monogamous relationships Possible side effects include abdominal pain, headache, vaginal discharge, and breast pain No STI protection
Etonogestrel implant (Implanon) 40 × 2 mm implanted rod Progestin-only method Suppresses ovulation	>99% effective Efficacy not user dependent Provides 3 years of protection Single rod insertion and removal Palpable but not visible after insertion	Irregular menstrual bleeding Other less common side effects include headache, vaginitis, weight gain (average 1.7 kg [3.7 pounds] at 2 years) No STI protection
Emergency or Postcoital Contraception		