

Chart of Family Planning Methods and STD Protection

The Effects of Contraceptives on Bacterial and Viral Sexually Transmitted Diseases (STDs) compared to use of no contraceptive method:

Contraceptive Method	Bacterial STDs	Viral STDs (including HIV)
Condoms (male and female)	Protective	Protective
Spermicides containing Nonoxynol-9	Modestly protective against cervical gonorrhea and chlamydia	No evidence of protection <i>in vivo</i> ; <i>in vitro</i> evidence of virucidal effect
Diaphragms (and probably Cervical Caps)	Probably modestly protective against cervical infection	Protective against cervical cancer/human papilloma virus (HPV); otherwise undetermined
Hormonal Contraceptive Methods	Perhaps associated with increased cervical chlamydia Protective against symptomatic pelvic inflammatory disease (PID); possible increased risk of unrecognized endometritis	Not protective
Intrauterine Devices (IUD)	Associated with increased risk of PID for women at elevated risk of STDs, especially in the first month after insertion (LNg IUDs might protect against PID, see LNg IUD Question 4)	Not protective
Natural Family Planning (NFP)	Not protective	Not protective
Withdrawal	Not protective	Not protective
Lactational Amenorrhea Method (LAM)	Not protective	Not protective
Female Sterilization and Vasectomy	Not protective	Not protective

Citations:

- 1) Cates W Jr. Contraceptive choice, sexually transmitted diseases, HIV infection, and future fecundity. *Journal of the British Fertility Society* 1996;11(1):18-22.
- 2) Feldblum P, Joanis C. Modern barrier methods: effective contraception and disease prevention. Research Triangle Park, NC: FHI, 1994.