

## Five Most Common Errors in Birth Control Methods

Estrogen pills can be used by both men and women for different reasons, but even with regular use in women to alter their fertility patterns, mistakes can still be made in birth control methods.

### 1. Not Using Protection

This is one of the biggest mistakes. Men who don't utilize condoms are at a remarkably higher risk of making the ladies they sleep with pregnant. This contraception mistake happens either because many the younger generation engaging in sex hardly understand the importance of using protection or they just don't want to use condoms since the sensations to them don't feel as stimulating and pleasurable. But this can be a very costly error if a couple is aiming to avoid getting pregnant.

### 2. Forgetting to Adopt Birth Control Pills

Some women never have a prescription for birth control pills in the first place, and some do but forget to take them. This can pose a serious hazard to an intelligent contraceptive approach between couples. These pills must be taken on a regular basis, usually in the exact same time each and every day. If not, the chances of effective contraceptive are severely diminished and also the ease of getting pregnant becomes greatly magnified. It's really not a wise decision to overlook taking these prescribed pills.

### 3. No Intrauterine Devices

Some women choose to take their chances at conceiving a child by not only not using protection or contraception pills but by also never getting an IUD from their gynecologist. This is an immature technique of looking at birth control since IUDs are so effective at preventing pregnancy. While they aren't 100% effective by any means, they're still an excellent birth control choice for women of most any age who are sexually active. Plus, they can be applied in a woman in a short doctor's visit as well as the procedure is completely pain free and relatively inexpensive also, so there should be no reason women make this wrong birth control decision.

### 4. Using Inefficient Withdrawal Method

Withdrawal in the erect male organ is just about the worst birth control methods ever invented. It almost never works since the temptation of the male is to always keep his penis inserted in the female at the point of orgasm and ejaculation. This error is so costly to an incredible number of girls and women of nearly every age.

## 5. Having Sex During Most Fertile Time

Among the worst birth control mistakes is for a woman to engage in sexual activity during her most fertile times of the month. This really is not very logical. It makes little sense, yet it's done all the time, mostly by young women, who might not have a complete understanding of exactly how the fertility and pregnancy processes are related.

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