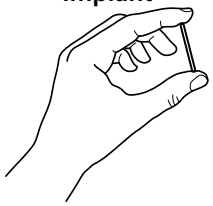
Effectiveness of Family Planning Methods

Most Effective

Less than 1 pregnancy per 100 women in a year

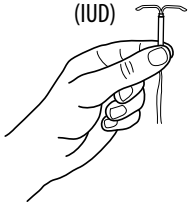
Reversible

Implant



0.05 %*

Intrauterine Device (IUD)



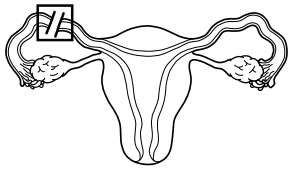
LNG - 0.2 % Copper T - 0.8 %

Permanent

Male Sterilization (Vasectomy)

0.15 %

Female Sterilization (Abdominal, Laparoscopic, Hysteroscopic)



0.5 %

How to make your method most effective

After procedure, little or nothing to do or remember.

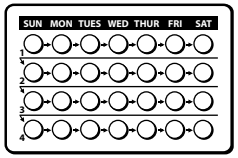
Vasectomy and hysteroscopic sterilization: Use another method for first 3 months.

6-12 pregnancies per 100 women in a year

Injectable

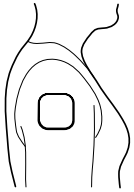
6 %

Pill



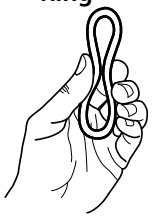
9 %

Patch



9 %

Ring



9 %

Diaphragm

12 %

Injectable: Get repeat injections on time.

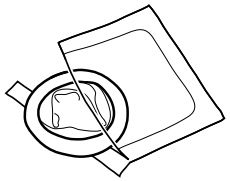
Pills: Take a pill each day.

Patch, Ring: Keep in place, change on time.

Diaphragm: Use correctly every time you have sex.

18 or more pregnancies per 100 women in a year

Male Condom

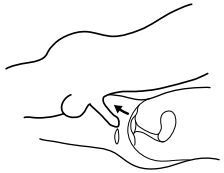


18 %

Female Condom

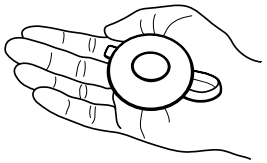
21 %

Withdrawal



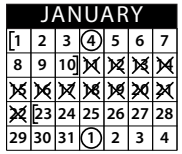
22 %

Sponge



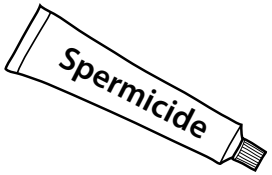
24 % parous women
12 % nulliparous women

Fertility-Awareness Based Methods



24 %

Spermicide



28 %

Condoms, sponge, withdrawal, spermicides: Use correctly every time you have sex.

Fertility awareness-based methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be the easiest to use and consequently more effective.

Least Effective

* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

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CONDOMS SHOULD ALWAYS BE USED TO REDUCE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS.

Other Methods of Contraception

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.

Emergency Contraception: Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.

Adapted from World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397–404.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention