

Comparing typical effectiveness of contraceptive methods

More Effective

Less than 1 pregnancy per 100 women in one year.

How to make your method most effective

After procedure, little or nothing to do or remember.



Implant



Vasectomy



Female Sterilization



IUD and IUS
("Coil")

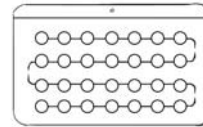
Vasectomy: Use another method for first 3 months.



Injectables



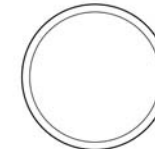
LAM
(Breastfeeding)



Pills



Patch



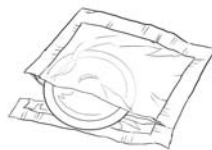
Ring
(UK from 2009)

Injectables: Get repeat injections on time.

LAM: Fully breastfeeding and not having periods within the first 6 months.

Pills: Take as directed, may not be every day.

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



Male
Condoms



Female
Condoms



Diaphragm



Fertility-Awareness
Based Methods

Condoms, Diaphragm: Use correctly every time you have sex.

Fertility-awareness based methods: Abstain or use condoms on fertile days. Newest methods (Standard days Method and Two Day Method) may be the easiest to use.

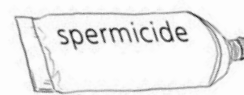
Less Effective

About 30 pregnancies per 100 women in one year.

Withdrawal, Spermicide: Use correctly every time you have sex.



Withdrawal



Spermicide

Health Carers

This is a chart adapted from one devised by the World Health Organisation to enable informed choice, showing in simplified terms that some methods of contraception are more effective than others. It can be stuck on a wall, or kept on a desktop.

All methods of contraception are effective, but some more so than others. The effectiveness quoted is usually that from clinical trials i.e. not in real women leading real lives. Not all women are, for example, perfect pill takers, or couples perfect condom users, so the failure rate in typical users is higher than the failure

rate in clinical trials, EXCEPT for contraceptives which do not need users to remember... either the 'fit and forget' long lasting reversible contraceptives such as, Implants, IUDs and IUS or the permanent methods, male and female sterilisation.

Here are a few examples (based on US typical use data as none are available for the UK) which can be used in discussion with women. A much cruder approximation is:

The Pill has 10 times the failure rate of Nova T, 40 times Mirena, and 160 times Implanon.

For every 100 women using the following methods, this is the failure rate expected in the first year of use

Method	Typical User	Perfect User e.g. in Clinical Trials
No method	85	85
Condom	17	2
Combined pill and progestogen-only pill	9	0.3
Evra patch	9	0.3
Depo-Provera	7	0.3
IUD - copper T	0.8	0.6
- Mirena (LNG-IUS)	0.2	0.2
Implanon	0.05	0.05
Female sterilization	0.5	0.5
Male sterilization	0.15	0.10