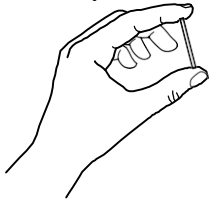
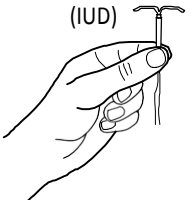



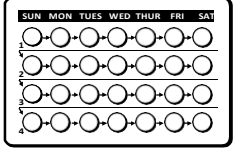
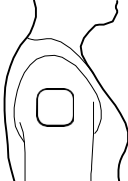
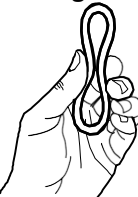



Effectiveness of Family Planning Methods

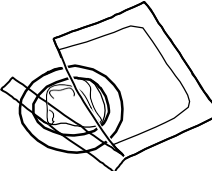

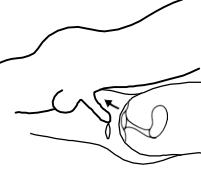
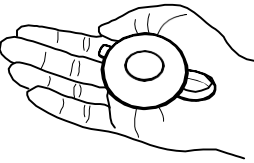
Most Effective
 ↑
 Less than 1 pregnancy per 100 women in a year
 ↓
 6-12 pregnancies per 100 women in a year
 ↓
 18 or more pregnancies per 100 women in a year
 ↓
Least Effective

Reversible		Permanent	
Implant  0.05 %*	Intrauterine Device (IUD)  LNG - 0.2 % Copper T - 0.8 %	Male Sterilization (Vasectomy)  0.15 %	Female Sterilization (Abdominal, Laparoscopic, Hysteroscopic)  0.5 %

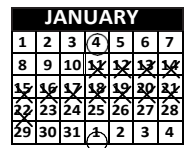
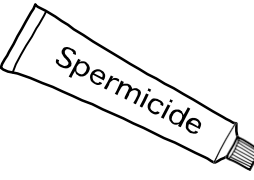
How to make your method most effective
 After procedure, little or nothing to do or remember.
Vasectomy and hysteroscopic sterilization: Use another method for first 3 months.

Injectable  6 %	Pill  9 %	Patch  9 %	Ring  9 %	Diaphragm  12 %
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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.

Male Condom  18 %	Female Condom  21 %	Withdrawal  22 %	Sponge  24 % parous women 12 % nulliparous women
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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.

Fertility-Awareness Based Methods  24 %	Spermicide  28 %
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* 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