Figure 3-1 Comparing typical effectiveness of contraceptive methods

More effective

Less than 1 pregnancy per 100 women in one year

4-7 pregnancies per 100 women in one year TIER 2





Implant





occlusion



most effective

How to make your method

After procedure, little or nothing to do or remember

<u>Vasectomy</u>: Use another method for first 3 months







Pill



Patch



Ring

<u>Injectable</u>: Get repeat injections on time

Pills: Take a pill each day

<u>Patch, ring</u>: Keep in place, change

on time



Male Condom



Fertility Awareness-Based Methods



Diaphragm



Sponge



Withdrawal



Female Condom



Spermicides

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

Fertility awareness-based methods: Abstain or use condoms on fertile days. Newer methods (Standard Days, Natural Cycles, and Symptothermal may be easier to use and consequently more effective).

Less effective

More than 13 pregnancies per 100 women in one year TIER 3