Comparing Effectiveness of Family Planning Methods

More effective
Less than 1 pregnancy per 100 women in 1 year

- Implants
- IUD
- Female sterilization
- Vasectomy

- Injectables
- LAM
- Pills
- Patch
- Vaginal ring

- Male condoms
- Diaphragm
- Female condoms
- Fertility awareness methods

How to make your method more effective

- Implants, IUD, female sterilization: After procedure, little or nothing to do or remember
- Vasectomy: Use another method for first 3 months
- Injectables: Get repeat injections on time
- Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night
- Pills: Take a pill each day
- Patch, ring: Keep in place, change on time
- Condoms, diaphragm: Use correctly every time you have sex
- Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.

Less effective
About 30 pregnancies per 100 women in 1 year

- Withdrawal
- Spermicides

Sources: