

Comparing Effectiveness of Family Planning Methods

More effective

Less than 1 pregnancy per 100 women in one year



IUS



IUD



Female Sterilization



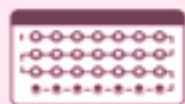
Vasectomy



Injectables



LAM



Pills



Patch



Vaginal Ring



Male Condoms



Diaphragm



Female Condoms



Fertility Awareness Methods



Withdrawal



Spermicides

Less effective

About 30 pregnancies per 100 women in one year

How to make your method more effective

IUC, 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 (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. Standard Days Method and TwoDay Method may be easiest to use.

Withdrawal, spermicides: Use correctly every time you have sex