Comparing Typical Effectiveness of Contraceptive Methods

Most effective

- Implants
- Female Sterilisation
- Vasectomy
- IUD

How to make your method more effective

- One-time procedures; nothing to do or remember
- Need repeat injections every 1, 2 or 3 months
- Must take a pill or wear a patch or ring every day
- Must follow LAM instructions
- Must use every time you have sex; requires partner’s cooperation
- Must use every time you have sex
- Must use every time you have sex
- Require partner’s cooperation; for FABs must abstain or use condoms on fertile days
- Must use every time you have sex

Source: WHO 2006