## How effective is my contraceptive method?

In 1 year, what are my chances of getting pregnant?

> Less than 1 in 100

1-7 in 100

method

depending on



**Used perfectly** – when the rules are followed perfectly EVERY time

**Used typically** – real life use where mistakes can sometimes happen (for example: forgetting a pill, condom not used correctly). If you experience unwanted side-effects with your contraceptive method, it is important to seek medical advice from a health professional. Without contraception around 80 in 100 women of reproductive age will get pregnant in a year.

method



## 'Set and forget' Long-Acting Reversible Contraception (LARC)



- The hormonal IUD slowly releases a very small amount of progestogen hormone into the uterus and lasts for 5 years. It on the Pharmaceutical Benefits Scheme and it is very cost effective after it has been inserted.
- The copper IUD contains no hormones and lasts for 5 or 10 years depending on which type you choose. It is not subsidised by the government but it is still very cost effective after it has been inserted.
- The contraceptive implant is a soft, flexible rod that is placed under the skin of the arm. It slowly releases a small amount of progestogen hormone and lasts for 3 years. It is subsidised by the government and it is very cost effective after it has been inserted.
- Each of these LARC methods can be removed at any time; they are immediately reversible.

## Choosing the best contraceptive method for your individual circumstances depends on many factors

- how effective is it?
- how much does it cost?
- > is it permanent or reversible?
- how long does it last?
- how often do I need to take it/use it?
- > what are the side-effects and risks?
- > does it have other benefits for menstrual periods or acne?
- > do you have any medical conditions that affect what you can use?
- > what is your personal preference?

## How the efficacy figures were arrived at

It is difficult to give definitive figures for contraceptive efficacy, due to a diversity of populations studied and methods used. The figures have been derived by expert consensus using results from a variety of studies, selecting figures from studies which appear to be most comparable to Australian conditions.

References available on request

