

HOW EFFECTIVE IS MY CONTRACEPTIVE METHOD?

IN 1 YEAR, WHAT ARE MY CHANCES OF GETTING PREGNANT?

>99%

SET AND FORGET



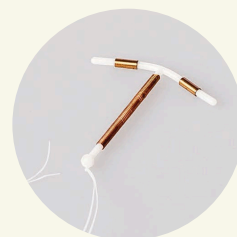
Contraceptive implant

99.9% effective
Lasts up to 3 years



Hormonal IUDs

99.6–99.9% effective
Lasts up to 5 or 8 years



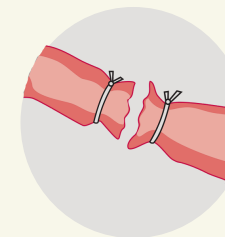
Copper IUDs

99.2–99.4% effective
Lasts up to 5 or 10 years



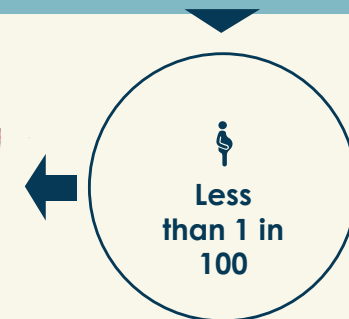
Tubal surgery

99.5% effective
Permanent



Vasectomy

99.9% effective
Permanent



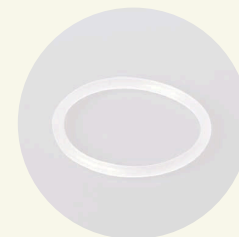
93–99%

WORKS WELL IF USED PERFECTLY EVERY TIME



Contraceptive injection

Used typically 96%
Used perfectly 99.8%



Vaginal ring

Used typically 93%
Used perfectly 99.7%



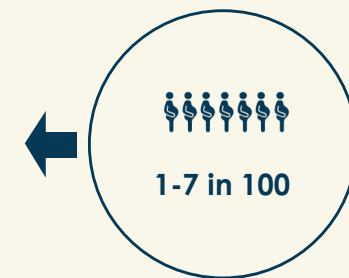
The Pill (Combined)

Used typically 93%
Used perfectly 99.7%



The Pill (Progestogen only)

Used typically 93%
Used perfectly 99.7%



77–99%

LESS EFFECTIVE METHODS



Condom external

Used typically 87%
Used perfectly 98%



Condom internal

Used typically 79%
Used perfectly 95%



Diaphragm

Used typically 83%
Used perfectly 84%



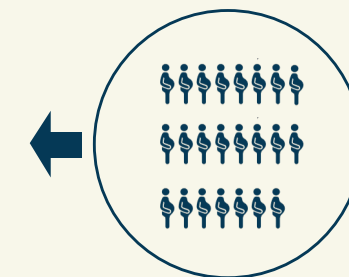
Fertility awareness

Used typically 77–98%
Used perfectly 95–99.6%



Pulling out

Used typically 80%
Used perfectly 96%



SEXUAL AND REPRODUCTIVE HEALTH AUSTRALIA

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.

'SET AND FORGET' LONG-ACTING REVERSIBLE CONTRACEPTION (LARC)

Hormonal Intra-uterine device (Hormonal IUD) or Copper Intra-uterine device (Copper IUD)

The hormonal and copper-IUDs (pictured right) go inside the uterus.



Approximate size (not to scale)

Contraceptive implant

The implant (pictured right next to match-stick) goes under the skin of the arm.



Approximate size (not to scale)

- The hormonal IUDs slowly release a very small amount of progestogen hormone into the uterus and last for 5 or 8 years depending on which one is chosen. They are listed on the Pharmaceutical Benefits Scheme (PBS) and are very cost effective.
- The copper IUDs contain no hormones and last for 5 or 10 years depending on which one is chosen. They are not subsidised by the government but are still very cost effective.
- 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 listed on the Pharmaceutical Benefits Scheme (PBS) and is very cost effective.
- All LARC methods can be removed at any time and 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 you need to take or 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 DETERMINED

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.

Vasectomy effectiveness rates are after negative semen results. Before this confirmation of success, there is an increased risk of pregnancy.

There are a variety of fertility awareness options, so the effectiveness rates have a large range.

References available on request.