

How effective is my contraceptive method?

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

>99%
Set and forget



Contraceptive implant
99.95% effective
Lasts up to 3 years



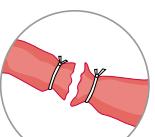
Hormonal IUD
99.7-99.9% effective
Lasts up to 5 years



Copper IUD
99.5% effective
Lasts 5-10 years



Tubal surgery
99.5% effective
Permanent



Vasectomy
99.5% effective
Permanent



93-99%
Works well if used perfectly every time



Contraceptive injection
Used typically 96%
Used perfectly 99.8%



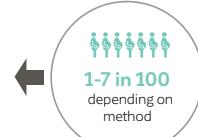
Vaginal ring
Used typically 93%
Used perfectly 99.5%



The Pill (COC)
Used typically 93%
Used perfectly 99.5%



The Pill (POP)
Used typically 93%
Used perfectly 99.5%



76-99%
Less effective methods



Condom external
Used typically 88%
Used perfectly 98%



Condom internal
Used typically 79%
Used perfectly 95%



Diaphragm
Used typically 82%
Used perfectly 86%



Fertility awareness
Used typically 76 - 93%
Used perfectly 95-99.5%



Pulling out
Used typically 80%
Used perfectly 95%



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.

Figure 1. Family Planning Alliance Australia contraceptive efficacy card

Reproduced with permission from Family Planning Alliance Australia, *How effective is my contraceptive method?* Hamilton Valley, NSW: FPAA, 2020.