## EFFECTIVENESS OF FAMILY PLANNING METHODS

*The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.*

### MOST EFFECTIVE

- **Less than 1 pregnancy per 100 women in a year**
  - Implant: 0.05%
  - Intrauterine Device (IUD): 0.2% LNG
  - 0.8% Copper T

### REVERSIBLE

- **6-12 pregnancies per 100 women in a year**
  - Injectable: 6%
  - Pill: 9%
  - Patch: 9%
  - Ring: 9%
  - Diaphragm: 12%

- **18 or more pregnancies per 100 women in a year**
  - Male Condom: 18%
  - Female Condom: 21%
  - Withdrawal: 22%
  - Sponge: 12% (Nulliparous Women)
  - 24% (Parous Women)

### LEAST EFFECTIVE

- **After procedure, little or nothing to do or remember. Use another method for first 3 months (Hysteroscopic, Vasectomy).**
  - Female (Abdominal, Laparoscopic, and Hysteroscopic): 0.5%
  - Male (Vasectomy): 0.15%

- **Once in place, little or nothing to do or remember.**
  - Implant
  - Intrauterine Device (IUD)

### Fertility Awareness-Based Methods

- **Fertility Awareness-Based Methods**
  - Use correctly every time you have sex.
  - Abstain or use condoms on fertile days.

### Other Methods of Contraception:

1. **Lactational Amenorrhea Method (LAM):**
   - A highly effective, temporary method of contraception;
   - Adapted from World Health Organization (WHO) Department of Reproductive Health and Research.

2. **Emergency Contraception:**
   - Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.