

How effective is my contraceptive method?

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

>99%
Set and forget



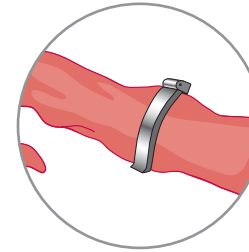
Contraceptive implant
99.95% effective
Lasts up to 3 years



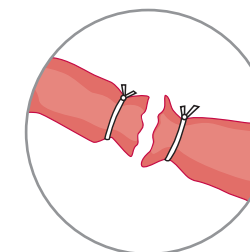
Hormonal IUD
99.9% effective
Lasts up to 5 years



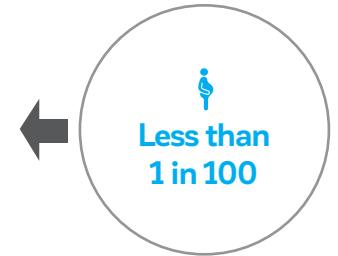
Copper IUD
99.5% effective
Lasts 5-10 years



Tubal surgery
99.5% effective
Permanent



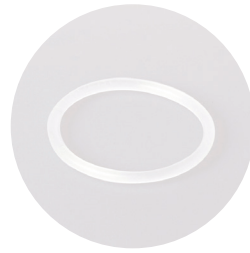
Vasectomy
99.5% effective
Permanent



93-99%
Works well if used perfectly every time



Contraceptive injection
Used typically 96%
Used perfectly 99.8%



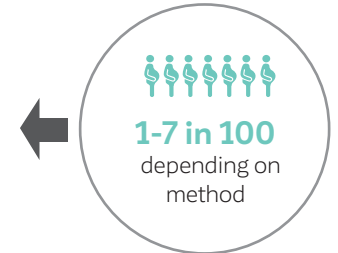
Vaginal ring
Used typically 93%
Used perfectly 99.5%



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.

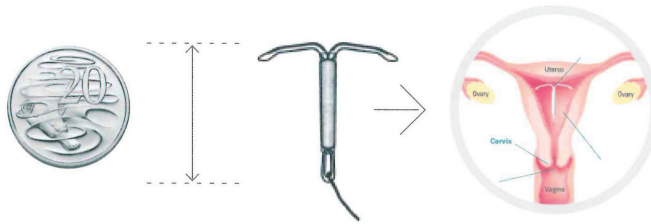
Without contraception around 80 in 100 women of reproductive age will get pregnant in a year.

'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.

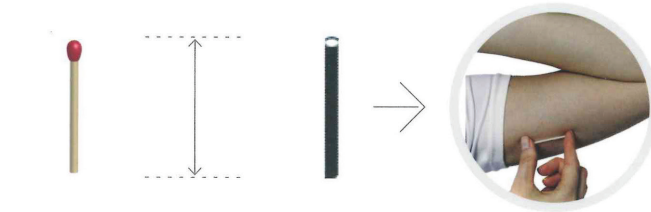
Approximate size (not to scale)



Contraceptive implant

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

Approximate size (not to scale)



- The hormonal IUD slowly releases a very small amount of progestogen hormone into the uterus and lasts for 5 years. It is 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