

# Efficacy of contraception methods

MOST  
EFFECTIVE

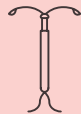
## 99% +

Less than 1 pregnancy per 100 users in a year.



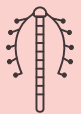
### Contraceptive Implant (Implanon)

99.95% effective.  
Lasts up to 3 years.



### Hormonal Intrauterine Device (Hormonal IUD)

99.7 - 99.99% effective.  
Lasts up to 5 years.



### Copper Intrauterine Device (Cu-IUD)

99.5% effective.  
Lasts up to 10 years.



### Sterilisation

**Male Sterilisation (vasectomy)**  
99.5% effective and permanent.



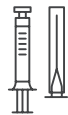
### Female Tubal Ligation

99.5% effective and permanent.

WORKS WELL IF USED  
PERFECTLY EVERY TIME

## 93% +

1-7 pregnancies per 100 users in one year.



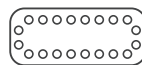
### Contraception Injection

Depot medroxyprogesterone acetate (DMPA).  
96% effective with typical use.  
99.5% effective with perfect use.  
Injection every 12 weeks.



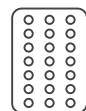
### Contraceptive Vaginal Ring

93% effective with typical use.  
99% effective if used perfectly.  
New ring used every 4 weeks.



### Combined Oral Contraceptive Pill (The COC Pill)

93% effective with typical use.  
99.5% effective if used perfectly.  
Taken daily.



### Progestogen-only Contraceptive Pill (The POP Pill)

93% effective with typical use.  
99.5% effective if used perfectly.  
Taken daily.

LESS EFFECTIVE  
METHODS

## 76% +

1-24 pregnancies per 100 users in a year.



### Diaphragm

82% effective with typical use.  
86% effective with perfect use.



### Male Condom

88% effective with typical use.  
98% effective with perfect use.



### Female Condom

79% effective with typical use.  
95% effective with perfect use.



### Withdrawal Method (pulling out)

80% effective with typical use.  
95% effective with perfect use.

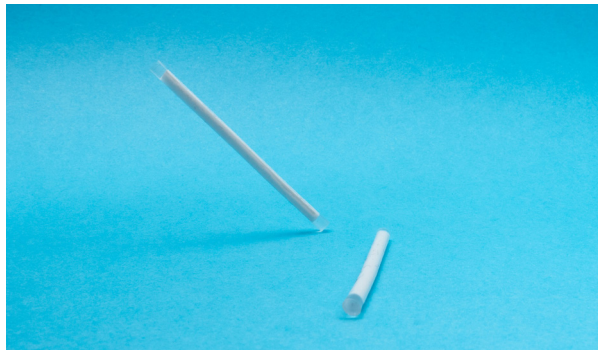


### Fertility Awareness Based Methods

76% - 95% effective with typical use.  
95 - 99.5% effective with perfect use.  
Abstain from intercourse or use another method on fertile days.

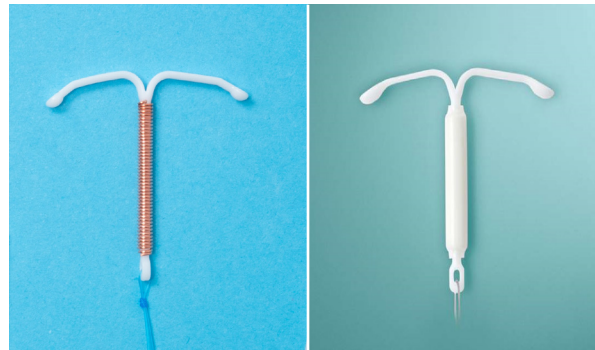
# GET LARCEd

Get it. Forget it. Long Acting Reversible Contraception (LARC).



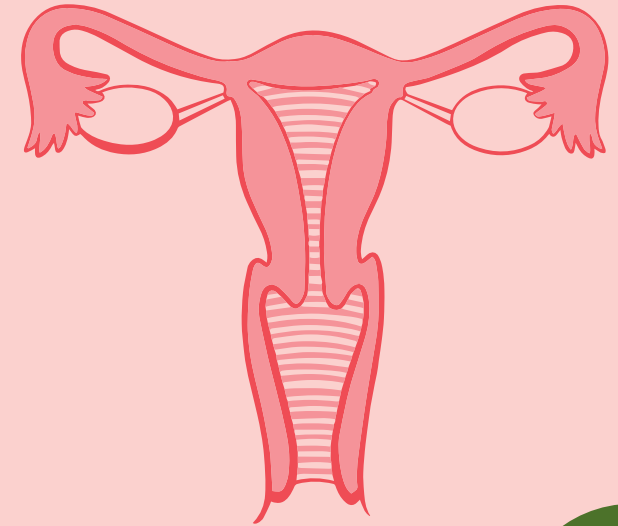
## Contraceptive Implant 99.95% Effective

- The Contraceptive Implant (Implanon) is a soft, flexible rod that is inserted under the skin of the upper arm.
- Implanon slowly releases a small amount of hormone and lasts for three years.



## Hormonal Intrauterine Device (Hormonal IUD) 99.9% Effective or Copper Intrauterine Device (Copper IUD) 99.5% Effective

- Both the Copper IUD and Hormonal IUD are inserted inside the uterus.
- The Copper IUD contains no hormones and lasts for ten years.
- The Hormonal IUD slowly releases a small amount of hormone into the uterus and lasts for five years.



## Why LARC?

- LARCs are the most effective methods for preventing unplanned pregnancy.
- All three LARC methods (pictured) can be easily reversed at any time and fertility will return as soon as they are removed.
- LARC methods mean you do not have to remember to take something every day or each time you have sex.
- LARCs are inserted and removed by specially trained doctors and nurses.

Family Planning Tasmania runs regular IUD and Implanon insertion training for health professionals. Contact [clinics@fpt.asn.au](mailto:clinics@fpt.asn.au).

[fpt.org.au](http://fpt.org.au)