How effective is my contraceptive method?

>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%

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

- Less than 1 in 100
- 1-7 in 100 depending on method
- 1-24 in 100 depending on method

*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.
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