

HOW EFFECTIVE IS MY CONTRACEPTIVE METHOD?

IN 1 YEAR, WHAT ARE MY CHANCES OF GETTING PREGNANT?

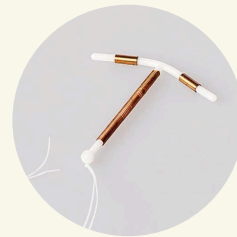
>99%
SET AND FORGET



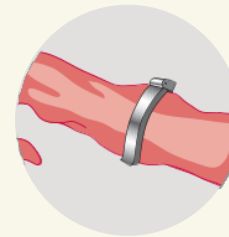
Contraceptive implant
99.9% effective
Lasts up to 3 years



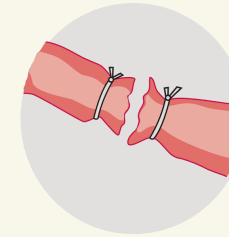
Hormonal IUDs
99.6-99.9% effective
Lasts up to 5 or 8 years



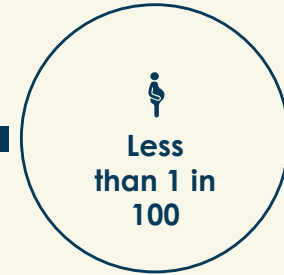
Copper IUDs
99.2-99.4% effective
Lasts up to 5 or 10 years



Tubal surgery
99.5% effective
Permanent



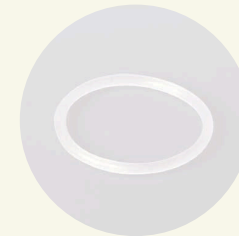
Vasectomy
99.9% effective
Permanent



93-99%
WORKS WELL IF USED PERFECTLY EVERY TIME



Contraceptive injection
Used typically 96%
Used perfectly 99.8%



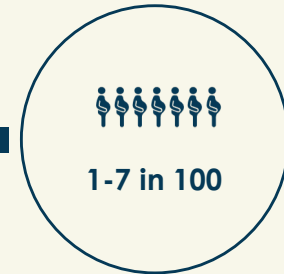
Vaginal ring
Used typically 93%
Used perfectly 99.7%



The Pill (Combined)
Used typically 93%
Used perfectly 99.7%



The Pill (Progestogen only)
Used typically 93%
Used perfectly 99.7%



77-99%
LESS EFFECTIVE METHODS



Condom external
Used typically 87%
Used perfectly 98%



Condom internal
Used typically 79%
Used perfectly 95%



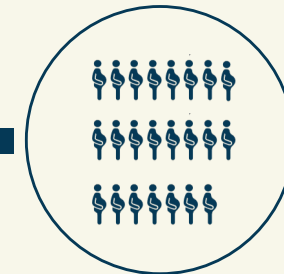
Diaphragm
Used typically 83%
Used perfectly 84%



Fertility awareness
Used typically 77-98%
Used perfectly 95-99.6%



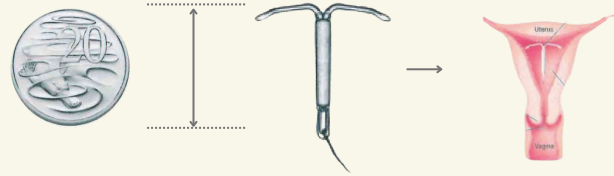
Pulling out
Used typically 80%
Used perfectly 96%



'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 IUDs slowly release a very small amount of progestogen hormone into the uterus and last for 5 or 8 years depending on which one is chosen. They are listed on the Pharmaceutical Benefits Scheme (PBS) and are very cost effective.
- The copper IUDs contain no hormones and last for 5 or 10 years depending on which one is chosen. They are not subsidised by the government but are still very cost effective.
- 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 listed on the Pharmaceutical Benefits Scheme (PBS) and is very cost effective.
- All LARC methods can be removed at any time and 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 you need to take or 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 DETERMINED

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.

Vasectomy effectiveness rates are after negative semen results. Before this confirmation of success, there is an increased risk of pregnancy.

There are a variety of fertility awareness options, so the effectiveness rates have a large range.

References available on request.