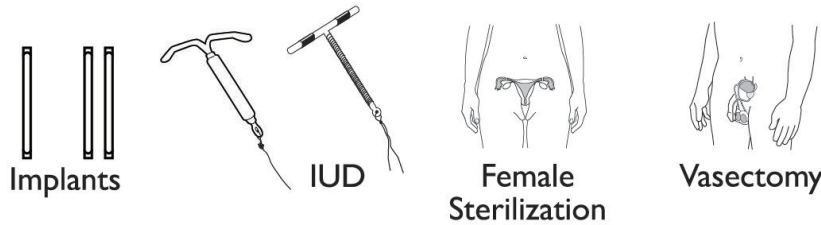


Comparing Effectiveness of Family Planning Methods

More effective

Less than 1 pregnancy per 100 women in one year



Implants

IUD

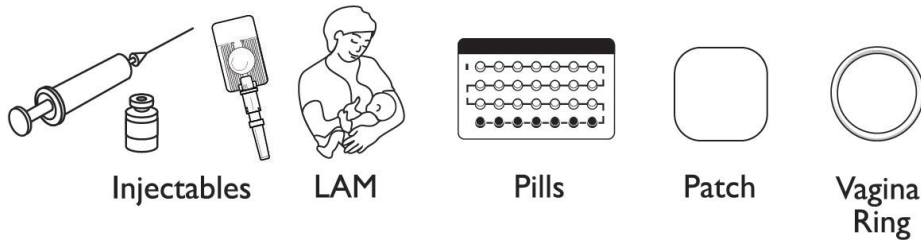
Female Sterilization

Vasectomy

How to make your method more effective

Implants, IUD, female sterilization: After procedure, little or nothing to do or remember

Vasectomy: Use another method for first 3 months



Injectables

LAM

Pills

Patch

Vaginal Ring

Injectables: Get repeat injections on time

Lactational Amenorrhea Method (for 6 months): Breastfeed often, day and night

Pills: Take a pill each day

Patch, ring: Keep in place, change on time



Male Condoms

Diaphragm

Fertility Awareness Methods

Male condoms, diaphragm: Use correctly every time you have sex

Fertility awareness methods: Abstain or use condoms on fertile days. Newer methods (Standard Days Method and TwoDay Method) may be easier to use.

Less effective

About 20 pregnancies per 100 women in one year



Female Condoms

Withdrawal

Spermicides

Female condoms, withdrawal, spermicides: Use correctly every time you have sex