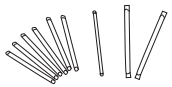
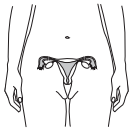
Comparing Effectiveness of Family Planning Methods

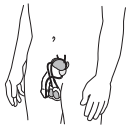
More effective

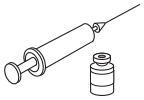
Less than 1 pregnancy per 100 women in 1 year


Implants

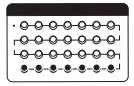
IUD


Female sterilization


Vasectomy


Injectables

LAM


Pills

Patch

Vaginal ring

Male condoms

Diaphragm

Female condoms

Fertility awareness methods

Less effective

About 30 pregnancies per 100 women in 1 year

Withdrawal

Spermicides

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: Get repeat injections on time

Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night

Pills: Take a pill each day

Patch, ring: Keep in place, change on time

Condoms, diaphragm: Use correctly every time you have sex

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

Withdrawal, spermicides: Use correctly every time you have sex

USAID FROM THE AMERICAN PEOPLE

World Health Organization

Sources:

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