

Efficacy of contraception methods Showing typical use for methods available in Australia

MOST EFFECTIVE

99%+

Less than 1 pregnancy per 100 women in one year



Contraceptive implant

99.95% effective
Lasts up to 3 years



Hormonal Intrauterine Device (hormonal IUD)

99.8% effective, lasts to 5 years



Copper intrauterine device (Cu-IUD)

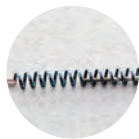
99.2% effective
Lasts to 10 years



Sterilisation:

Male sterilisation (vasectomy)

99.85% effective / Permanent



Tubal occlusion by metal microinsert

99.8% effective / Permanent



Female tubal ligation

99.5% effective / Permanent

91%+

6–9 pregnancies per 100 women in one year



Contraception injection:

Depot medroxyprogesterone acetate (DMPA) 94% effective
Injection every 12 weeks



Contraceptive vaginal ring

91% effective
New ring used every 4 weeks



Combined oral contraceptive pill (the COC Pill)

91% effective
Taken daily with 24hr window



Progestogen-only contraceptive pill (POP)

91% effective
Taken daily 3hr window

Family Planning Alliance Australia is the nation's peak body in reproductive and sexual health. It promotes advances in public health through policy insight and advocacy and represents leading health and education agencies across Australia.

76%+

18 + pregnancies per 100 women in one year



Diaphragm

88% effective



Male condom

82% effective



Female condom

79% effective



Withdrawal method

78% effective



Fertility awareness based methods 76% effective
Abstain from intercourse or use another method on fertile days.



Reproductive and Sexual Health
Policy and Advocacy
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* Long-Acting Reversible Contraception
(After procedure, little /nothing to do or remember)

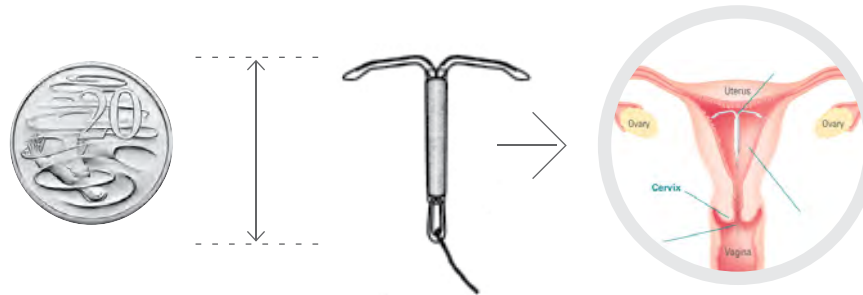


'Set and forget' Long-Acting Reversible Contraception (LARC)

Hormonal Intra-uterine device (Hormonal IUD) or Copper Intra-uterine device (Copper IUD)

The hormonal and copper-IUDs (pictured right) go inside the uterus.

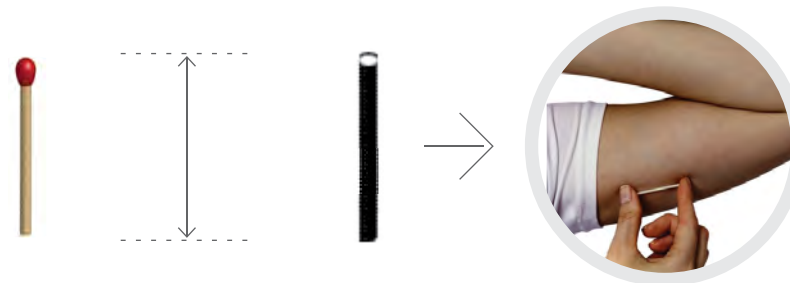
Approximate size (not to scale)



Contraceptive implant

The implant (pictured right next to match-stick) goes under the skin of the arm.

Approximate size (not to scale)



- The copper IUD contains no hormones and lasts for up to 10 years depending on which one you choose.
- The hormonal IUD slowly releases very small amounts of hormone into the uterus and lasts for up to 5 years.
- The contraceptive implant is a soft, flexible rod that is placed under the skin of the arm. It slowly releases a small amount of hormone. It lasts for up to 3 years.
- All three methods can be reversed at any time. Make an appointment to have your contraceptive removed if you wish to become pregnant or change to another method. It will no longer have any effect as soon as it is removed.
- All of these methods are much more effective at preventing pregnancy than the pill, injection or condoms.

Please turn over to see the chart.



DISCLAIMER

Family Planning Alliance Australia (FPAA) has taken every care to ensure that the information contained in this publication is accurate and up-to-date at the time of being published. As information and knowledge is constantly changing, readers are strongly advised to confirm that the information complies with present research, legislation and policy guidelines.

FPAA accepts no responsibility for difficulties that may arise as a result of an individual acting on this information and any recommendations it contains.

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REFERENCES

Trussell J, 2011. "Contraceptive failure in the United States". *Contraception* 83: 397-404
* Lessard CR, Hopkins MR 2011. "Efficacy, safety and patient acceptability of the Essure procedure". *Patient Acceptance and Adherence* 5: pp207-212