## Effectiveness of Family Planning Methods

<table>
<thead>
<tr>
<th>Most Effective</th>
<th>Reversible</th>
<th>Permanent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implant</td>
<td>Intrauterine Device (IUD)</td>
<td>Male Sterilization (Vasectomy)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female Sterilization (Abdominal, Laparoscopic, Hysteroscopic)</td>
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<tr>
<td></td>
<td>0.05 %*</td>
<td>0.15 %</td>
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</tbody>
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### How to make your method most effective
- After procedure, little or nothing to do or remember.
- **Vasectomy and hysteroscopic sterilization:** Use another method for first 3 months.

### Injectable
- LNG - 0.2 % Copper T - 0.8 %
- 0.6 %

### Pill
- 9 %

### Patch
- 9 %

### Ring
- 9 %

### Diaphragm
- 12 %

### Male Condom
- 18 %

### Female Condom
- 21 %

### Withdrawal
- 22 %

### Sponge
- 24 % parous women
- 12 % nulliparous women
- 24 %

### Fertility-Awareness Based Methods

<table>
<thead>
<tr>
<th>JANUARY</th>
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<tbody>
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<td>x x 24 25 26 27 28</td>
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<td>29 30 31</td>
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</table>

### Spermicide
- 28 %

*The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.*

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**CONDOMS SHOULD ALWAYS BE USED TO REDUCE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS.**

### Other Methods of Contraception
- **Lactational Amenorrhea Method:** LAM is a highly effective, temporary method of contraception.
- **Emergency Contraception:** Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.