

What You Should Know About Family Planning Methods

Comparing Effectiveness of Family Planning Methods

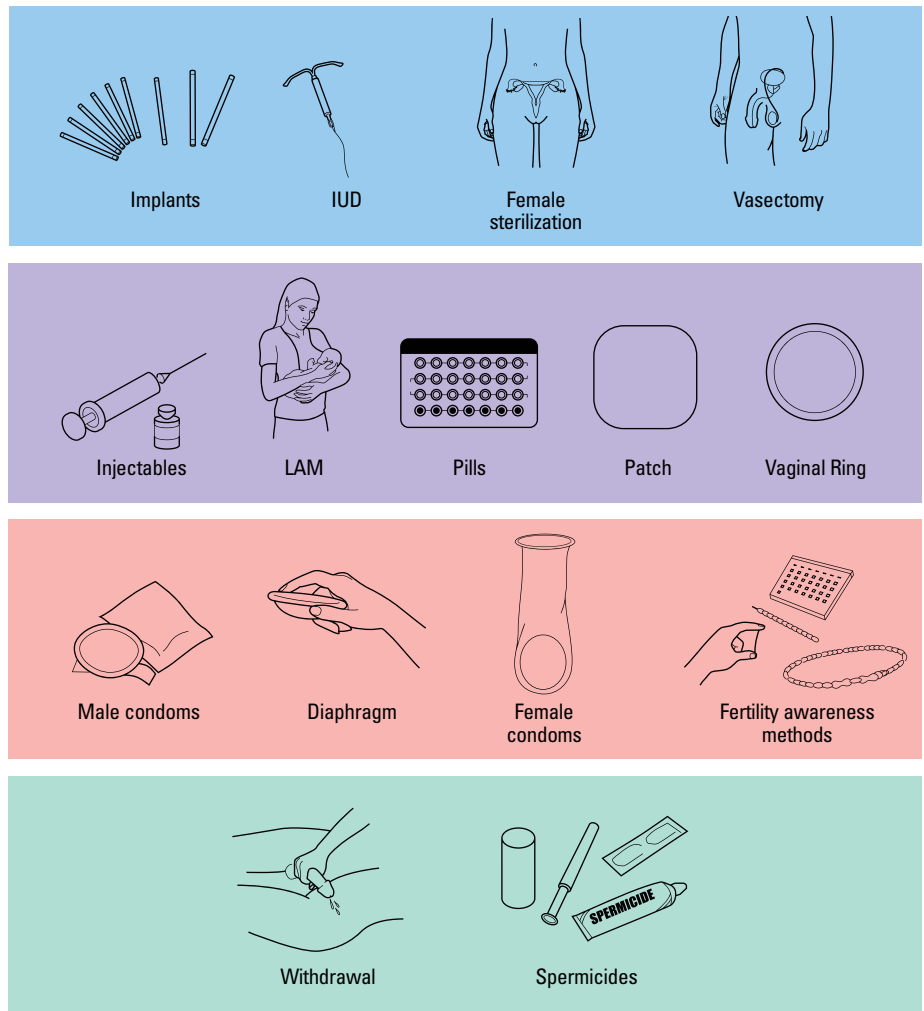
More effective

Less than 1 pregnancy per 100 women in a year



Less effective

About 30 pregnancies per 100 women in a year



Adapted with permission from World Health Organization (WHO). Comparing typical effectiveness of contraceptive methods. 2006. Available at www.fhi.org/nr/shared/enFHI/Resources/EffectivenessChart.pdf.

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): Breastfeed often, day and night, for 6 months.

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.