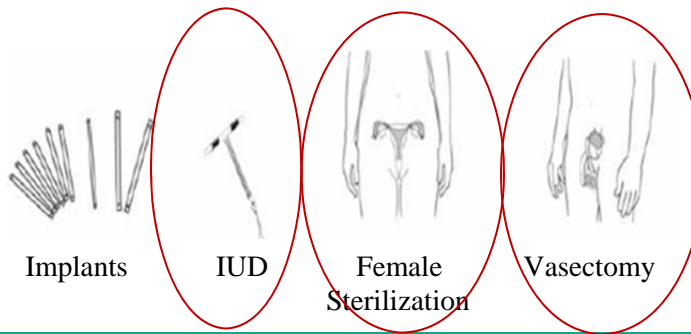


# Comparing Effectiveness of Family Planning Methods

## More effective

Less than 1 pregnancy per 100 women in 1 year



Implants

IUD

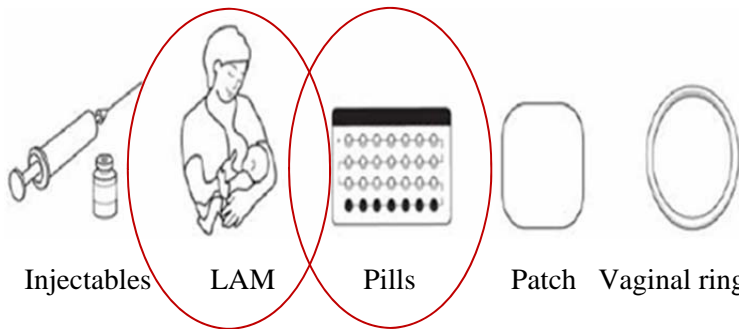
Female Sterilization

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

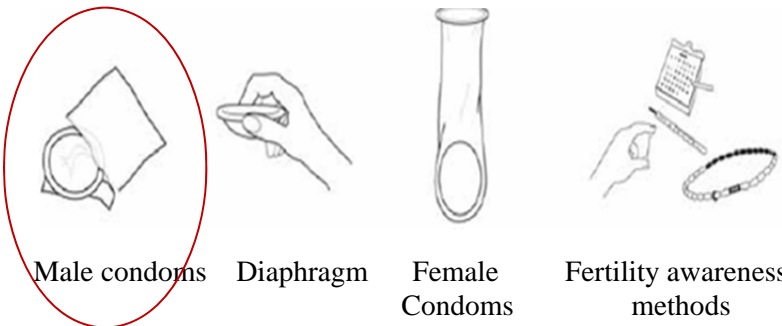
Vaginal ring

**Injectables:** Get repeat injections on time

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

**Pills:** Take a pill each day

**Patch, ring:** Keep in place, change on time



Male condoms

Diaphragm

Female Condoms

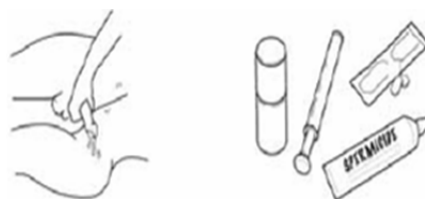
Fertility awareness methods

**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 Two Day Method) may be easier to use.

## Less effective

About 30 pregnancies per 100 women in 1 year



Withdrawal

Spermicides

**Withdrawal, spermicides:** Use correctly every time you have sex.



Sources:

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World Health Organization/Department of Reproductive Health and Research (WHO/RHR), Johns Hopkins Bloomberg School of Public Health (JHSPH)/Center for Communication Programs (CCP). *Family Planning: A Global Handbook for Provider*. Baltimore, MD and Geneva: CCP and WHO, 2007.

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