How effective is my contraceptive method?

>99%
Set and forget

- **Contraceptive implant**: 99.95% effective
  Lasts up to 3 years
- **Hormonal IUD**: 99.7-99.9% effective
  Lasts up to 5 years
- **Copper IUD**: 99.5% effective
  Lasts 5-10 years
- **Tubal surgery**: 99.5% effective
  Permanent
- **Vasectomy**: 99.5% effective
  Permanent

93-99%
Works well if used perfectly every time

- **Contraceptive injection**: Used typically 96%
  Used perfectly 99.8%
- **Vaginal ring**: Used typically 93%
  Used perfectly 99.5%
- **The Pill (COC)**: Used typically 93%
  Used perfectly 99.5%
- **The Pill (POP)**: Used typically 93%
  Used perfectly 99.5%

76-99%
Less effective methods

- **Condom external**: Used typically 88%
  Used perfectly 98%
- **Condom internal**: Used typically 79%
  Used perfectly 95%
- **Diaphragm**: Used typically 82%
  Used perfectly 86%
- **Fertility awareness**: Used typically 76 - 93%
  Used perfectly 95-99.5%
- **Pulling out**: Used typically 80%
  Used perfectly 95%

In 1 year, what are my chances of getting pregnant?

- **Without contraception**: Around 80 in 100 women of reproductive age will get pregnant in a year.

- **Less than 1 in 100**

- **1-7 in 100** depending on method

- **1-24 in 100** depending on method

Used perfectly – when the rules are followed perfectly EVERY time
Used typically – real life use where mistakes can sometimes happen (for example: forgetting a pill, condom not used correctly).
If you experience unwanted side-effects with your contraceptive method, it is important to seek medical advice from a health professional.
Choosing the best contraceptive method for your individual circumstances depends on many factors

- how effective is it?
- how much does it cost?
- is it permanent or reversible?
- how long does it last?
- how often do I need to take it/use it?
- what are the side-effects and risks?
- does it have other benefits for menstrual periods or acne?
- do you have any medical conditions that affect what you can use?
- what is your personal preference?

The hormonal IUD slowly releases a very small amount of progestogen hormone into the uterus and lasts for 5 years. It is on the Pharmaceutical Benefits Scheme and it is very cost effective after it has been inserted.

The copper IUD contains no hormones and lasts for 5 or 10 years depending on which type you choose. It is not subsidised by the government but it is still very cost effective after it has been inserted.

The contraceptive implant is a soft, flexible rod that is placed under the skin of the arm. It slowly releases a small amount of progestogen hormone and lasts for 3 years. It is subsidised by the government and it is very cost effective after it has been inserted.

Each of these LARC methods can be removed at any time; they are immediately reversible.

How the efficacy figures were arrived at

It is difficult to give definitive figures for contraceptive efficacy, due to a diversity of populations studied and methods used. The figures have been derived by expert consensus using results from a variety of studies, selecting figures from studies which appear to be most comparable to Australian conditions.

References available on request