

# 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)

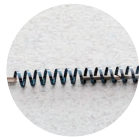
99.2% effective  
Lasts to 10 years



### Sterilisation:

#### Male sterilisation (vasectomy)

99.85% effective / Permanent



#### Tubal occlusion by metal microinsert

99.8% effective / Permanent



#### Female tubal ligation

99.5% effective / Permanent

\* Long-Acting Reversible Contraception  
(After procedure, little /nothing to do or remember)

## 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.



**FAMILY PLANNING ALLIANCE 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  
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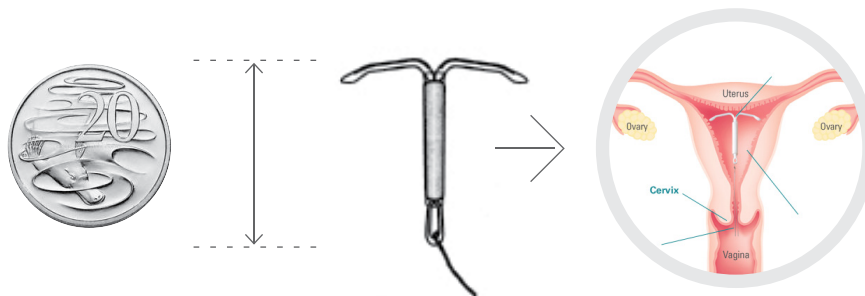


## 'Set and forget' Long-Acting Reversible Contraception (LARC)

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

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

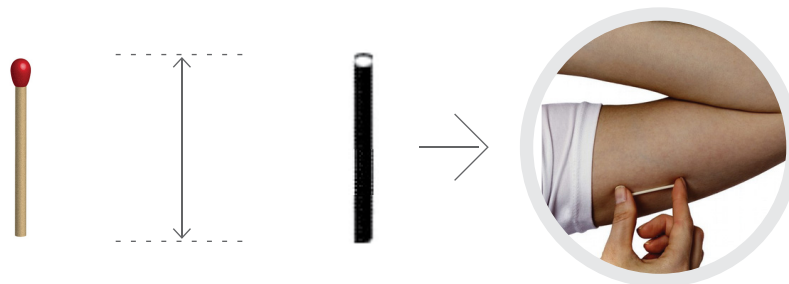
Approximate size (not to scale)



### Contraceptive implant

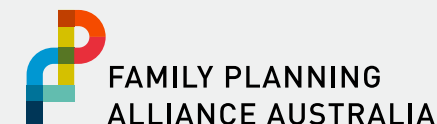
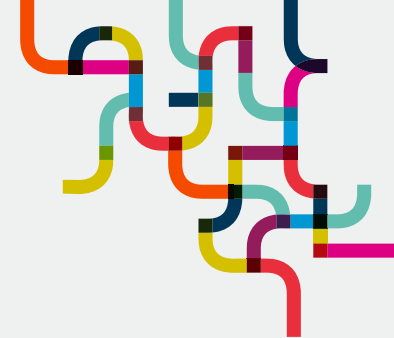
The implant (pictured right next to match-stick) goes under the skin of the arm.

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.**



Reproductive and Sexual Health Policy and Advocacy

For more information visit  
[www.fpallianceaus.org.au](http://www.fpallianceaus.org.au)

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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

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