

Effectiveness of Birth Control Methods

Most effective



Implant
Effective for
3 years; contains
hormones



IUD
Two types—
hormonal and
copper

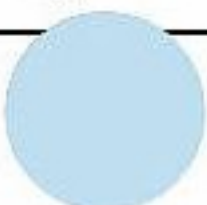


Sterilization
Permanent method

Less than 1
pregnancy
per 100
women



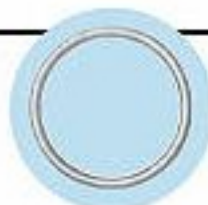
Injection
Must be given
on time every
3 months; contains
hormones



Pill
Contains
hormones; many
types available



Patch
Contains
hormones



Vaginal ring
Contains
hormones

6–9
pregnancies
per 100
women



Male condom
Also protects
against HIV



Cervical cap
Less effective
in women who
have given
birth



Sponge
Less effective
in women who
have given
birth



Diaphragm
Must be
refitted after
childbirth



Female condom
Also protects
against HIV

12–24
pregnancies
per 100
women



Spermicide
May increase the risk of getting HIV in some people

28
pregnancies
per 100
women

Least effective

HIV = human immunodeficiency virus; IUD = intrauterine device

*Other methods include fertility awareness-based methods and the lactational amenorrhea method (LAM) that can be used during the first 6 months of breastfeeding. Discuss these options with your health care provider.