

## Effectiveness of Birth Control Methods

Most effective



**Implant**  
Effective for 3 years; contains hormones



**IUD**  
Two types—hormonal and copper

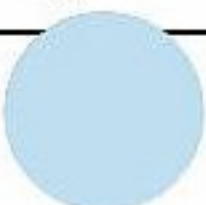


**Sterilization**  
Permanent method

Less than 1 pregnancy per 100 women



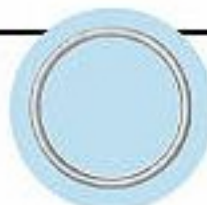
**Injection**  
Must be given on time every 3 months; contains hormones



**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.