How effective is my contraceptive method?

>99%
Set and forget

- Contraceptive implant: 99.95% effective, lasts up to 3 years
- Hormonal IUD: 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%

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.

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

- Without contraception: around 80 in 100 women of reproductive age will get pregnant in 1 year.
- Less than 1 in 100
- 1-7 in 100 depending on method
- 1-24 in 100 depending on method
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