## **Comparing Effectiveness of Family Planning Methods**

## More effective

Less than 1 pregnancy per 100 women in 1 year









How to make your method more effective

Implants, IUD, female sterilization: After procedure, little or nothing to do or remember

**Vasectomy:** Use another method for first 3 months

**Injectables:** Get repeat injections on time

Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night

Pills: Take a pill each day

Patch, ring: Keep in place, change on time

Condoms, diaphragm: Use correctly every time you have sex

Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.

Withdrawal, spermicides: Use correctly every time you have sex



**Implants** 





Female sterilization

Vasectomy

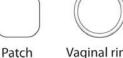






Pills





Vaginal ring



Injectables



Diaphragm



Female condoms



Fertility awareness methods

## Less effective

About 30 pregnancies per 100 women in 1 year



Withdrawal



Spermicides





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