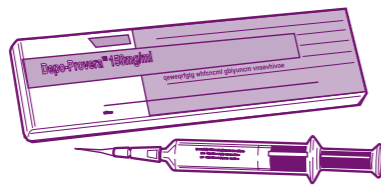


## Methods with no user failure – they do not depend on you remembering to take or use them



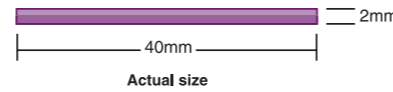
### Contraceptive injection

**What is it?** • An injection of progestogen.

**Effectiveness** • Perfect use: over 99%.  
• Typical use: around 94%.

**Advantage** • Lasts for eight or 13 weeks – you don't have to think about contraception during this time.

**Disadvantage** • Can't be removed from the body so side effects may continue while it works and for some time afterwards.



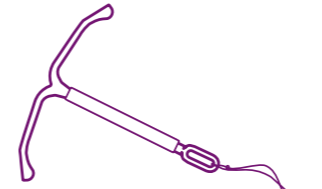
### Implant

• A small, flexible rod put under the skin of the upper arm releases progestogen.

• Perfect use: over 99%.  
• Typical use: over 99%.

• Works for three years but can be taken out sooner.

• It requires a small procedure to fit and remove it.



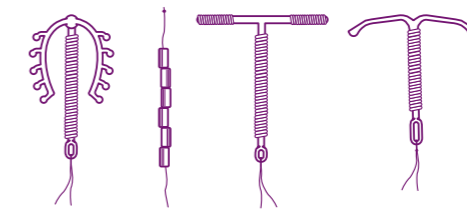
### Intrauterine system (IUS)

• A small, T-shaped, progestogen-releasing, plastic device is put into the uterus.

• Perfect use: over 99%.  
• Typical use: over 99%.

• Works for 3–5 years but can be taken out sooner. Periods often become lighter, shorter and less painful.

• Irregular bleeding or spotting is common in the first six months.



### Intrauterine device (IUD)

• A small plastic and copper device is put into the uterus.

• Perfect use: over 99%.  
• Typical use: over 99%.

• Can stay in 5–10 years depending on type but can be taken out sooner.

• Periods may be heavier, longer or more painful.

### Female and male sterilisation

• The fallopian tubes in women or the tubes carrying sperm in men (vas deferens) are cut, sealed or blocked.

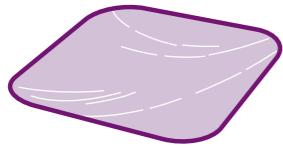
• Failure rate is about 1 in 200 or 1 in 500 for females (depending on method), and 1 in 2,000 for males.

• Sterilisation is permanent with no long or short-term serious side effects.

• Should not be chosen if in any doubt about having children in the future.

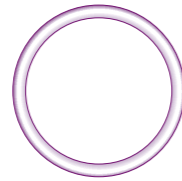


## Methods with user failure – you have to use and think about them regularly or each time you have sex



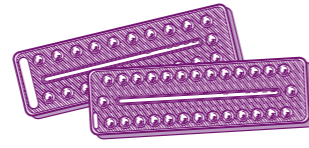
### Contraceptive patch

**What is it?** • A small patch stuck to the skin releases estrogen and progestogen.



### Contraceptive vaginal ring

• A small, flexible, plastic ring put into the vagina releases estrogen and progestogen.



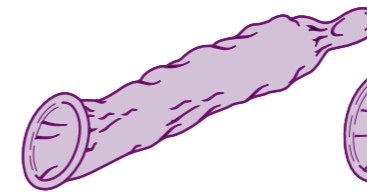
### Combined pill (COC)

• A pill containing estrogen and progestogen, taken orally.



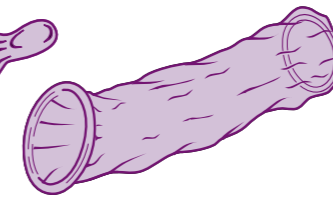
### Progestogen-only pill (POP)

• A pill containing progestogen, taken orally.



### Male condom

• A very thin latex (rubber) polyurethane (plastic) or synthetic rubber sheath, put over the erect penis.



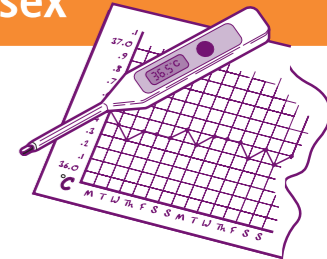
### Female condom

• Soft, thin polyurethane sheath that loosely lines the vagina and covers the area just outside.



### Diaphragm/cap with spermicide

• A flexible latex (rubber) or silicone device, used with spermicide, is put into the vagina to cover the cervix.



### Natural family planning

• Fertile and infertile times of the menstrual cycle are identified by noting different fertility indicators.

**PERFECT USE MEANS USING THE METHOD CORRECTLY EVERY TIME. TYPICAL USE IS WHEN YOU DON'T ALWAYS USE THE METHOD CORRECTLY.**

| Method                        | Effectiveness   | Advantage   | Disadvantage  |
|-------------------------------|---|---|---|
| Contraceptive patch           | • Perfect use: over 99%.<br>• Typical use: around 91%.  | • Can make bleeds regular, lighter and less painful.  | • May be seen and can cause skin irritation.  |
| Contraceptive vaginal ring    | • Perfect use: over 99%.<br>• Typical use: around 91%.  | • One ring stays in for three weeks – you don't have to think about contraception every day.      | • You must be comfortable with inserting and removing it.                           |
| Combined pill (COC)           | • Perfect use: over 99%.<br>• Typical use: around 91%.  | • Often reduces bleeding and period pain, and may help with premenstrual symptoms.                | • Missing pills, vomiting or severe diarrhoea can make it less effective.           |
| Progestogen-only pill (POP)   | • Perfect use: over 99%.<br>• Typical use: around 91%.  | • Can be used by women who smoke and are over 35, or those who are breastfeeding.                 | • Late pills, vomiting or severe diarrhoea can make it less effective.              |
| Male condom                   | • Perfect use: 98%.<br>• Typical use: around 82%.       | <b>Condoms are the best way to help protect yourself against sexually transmitted infections.</b> |   |
| Female condom                 | • Perfect use: 95%.<br>• Typical use: around 79%.       | • Not as widely available as male condoms.  | • May slip off or split if not used correctly or if wrong size or shape.            |
| Diaphragm/cap with spermicide | • Perfect use: 92–96%.<br>• Typical use: 71–88%.        | • Can be put in any time before sex.  | • You need to use the right size. If you have sex again extra spermicide is needed. |
| Natural family planning       | • Perfect use: up to 99%.<br>• Typical use: around 76%. | • No physical side-effects, and can be used to plan as well as prevent pregnancy.                 | • Need to avoid sex or use a condom at fertile times of the cycle.                  |