

WHAT IS YOUR CHANCE OF GETTING PREGNANT?

LESS THAN ONE IN 100



The Implant

Place every 3 years

99%

OR MORE EFFECTIVE



Hormonal IUDs

Place every 3-6 years depending on brand

99%

OR MORE EFFECTIVE



Non-Hormonal IUD

Paragard or copper IUD placed every 10 years.

99%

OR MORE EFFECTIVE



Tubal Ligation, Vasectomy

Get once, lasts for life

99%

OR MORE EFFECTIVE

5-9 IN 100

depending on the method



The Shot

Get every 3 months

96%

EFFECTIVE



The Pill

Use everyday at the same time

93%

EFFECTIVE



Progestin-Only Pill

Use everyday at the same time

93%

EFFECTIVE



The Ring

Change every month

93%

EFFECTIVE



The Patch

Change every week

93%

EFFECTIVE

12-24 IN 100

depending on the method



Fertility Awareness

Monitor everyday

85%

EFFECTIVE



Pull-Out Method

Use every time you have sex

80%

EFFECTIVE



Spermicide

Use every time you have sex

79%

EFFECTIVE



Condoms (External, Internal)

Use every time you have sex

87%, 79%

EFFECTIVE

Needed for STI protection and can be used with any other method

VERY EFFECTIVE

LESS EFFECTIVE