

WHAT IS YOUR CHANCE OF GETTING PREGNANT?

LESS
THAN
ONE
IN
100



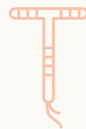
The Implant
Place every 3 years

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