



Contraception

The prevention of pregnancy – what are my options?

Most effective













Less than 1 pregnancy per 100 women in 1 year

6–12 pregnancies per 100 women in 1 year

18 or more pregnancies per 100 women in 1 year

85 pregnancies per 100 women in 1 year

Least effective

Contraception method	How to use the method and duration of use
<p>Long-acting reversible methods (LARCs)</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Implant </div> <div style="text-align: center;">  Hormonal IUD </div> <div style="text-align: center;">  Copper IUD </div> </div>	<p>LARCs are inserted by your doctor and last up to:</p> <ul style="list-style-type: none"> • Implant (in your arm): 3 years • IUD (in your womb/uterus): 5–10 years
<p>Surgical methods</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Tubal ligation or salpingectomy </div> <div style="text-align: center;">  Vasectomy </div> </div>	<p>Surgical procedures: permanent contraception.</p> <ul style="list-style-type: none"> • Tubal ligation: female tubes tied • Salpingectomy: female tubes removed • Vasectomy: male tubes 'snipped'
<p>Hormonal methods</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Injectable </div> <div style="text-align: center;">  The pill </div> <div style="text-align: center;">  Vaginal ring </div> </div>	<ul style="list-style-type: none"> • Injectable: injected by doctor every 12 weeks • The pill: take at the same time every day • Ring: replace in the vagina every month
<p>Other methods</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Condom </div> <div style="text-align: center;">  Fertility tracking </div> <div style="text-align: center;">  Withdrawal </div> </div>	<ul style="list-style-type: none"> • Condom: use during sex • Fertility tracking: abstain from sex on fertile days • Withdrawal: ejaculate outside the woman's vagina
<p>No contraception</p> <div style="text-align: center;">  Unprotected sex </div>	<p>Use emergency contraception after unprotected sex to lower your risk of pregnancy:</p> <ul style="list-style-type: none"> • Morning-after pill: within 3 days • Copper IUD: within 5 days

