

The effectiveness of

Contraceptives

Remember, the best form of contraception is the one that works for you!

REVERSIBLE METHODS

The Implant

99.9%

EFFECTIVE

- Placed by your doctor into your arm
- Lasts up to 3 years
- Once placed requires little to do or remember



The Intrauterine Device

99.2-99.8%

EFFECTIVE

- Placed by your doctor in your uterus
- 2 Options:
 - **Hormonal:** Lasts up to 3-5 years
 - **Copper:** Lasts up to 12 years
- Once placed requires little to do or remember



Injectables or "The Shot"

94%

EFFECTIVE

- A doctor administers a shot every 13 weeks
- Requires good memory and organizing transportation to the doctor every 13 weeks

The Ring

91%

EFFECTIVE

- You insert the ring into your vagina
- Remove after 3 weeks
- Replace 1 week later
- Requires good memory



The Patch

92%

EFFECTIVE

- Placed on your lower abdomen, buttocks, back or upper arm
- Keep in place and change each week
- Requires good memory



The Pills

91%

EFFECTIVE

- Take one pill every day around the same time
- Requires great memory!



Condoms

82%

EFFECTIVE

- The only form of contraception that prevents against sexually transmitted disease!
- Should use **EVERY** time you have sex

PERMANENT METHODS

Male Sterilization

99.85%

EFFECTIVE

- Vasectomy
- Surgical procedure for males
- Prevents sperm from reaching and fertilizing an egg to avoid pregnancy

Female Sterilization

99.5%

EFFECTIVE

- Surgical procedure for females
- Options: Abdominal, laparoscopic, hysteroscopic
- Blocks sperm from entering fallopian tubes to avoid pregnancy

BACK-UP METHODS

Emergency Contraception

99.85%

EFFECTIVE

- **Paragard IUD:**
 - Must place within 5 days of unprotected sex
- **Emergency Contraceptive Pill (Morning After Pill):**
 - Must take within 5 days of unprotected sex



REFERENCES

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2. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, n.d. Effectiveness of Family Planning Methods. Retrieved from https://www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/Contraceptive_methods_508.pdf

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