Figure 3-1 Comparing typical effectiveness of contraceptive methods

**More effective**
Less than 1 pregnancy per 100 women in one year

- **Implant**
- **Vasectomy**
- **Tubal occlusion**
- **IUD**

**How to make your method most effective**
- After procedure, little or nothing to do or remember
- **Vasectomy**: Use another method for first 3 months

**Less effective**
More than 13 pregnancies per 100 women in one year

- **Injectable**: Get repeat injections on time
- **Pill**: Take a pill each day
- **Patch, ring**: Keep in place, change on time

- **Male Condom**
- **Fertility Awareness-Based Methods**
- **Diaphragm**
- **Sponge**

- **Condoms, sponge, withdrawal, spermicides, diaphragm**: Use correctly every time you have sex

- **Fertility awareness-based methods**: Abstain or use condoms on fertile days. Newer methods (Standard Days, Natural Cycles, and Symptothermal may be easier to use and consequently more effective).