

# Without protection, 85 in 100 women will get pregnant

[for sexually active couples; within 1<sup>st</sup> year]

Let's plan for ~~un~~planned pregnancy

## Efficacy of Contraception Methods • 1<sup>st</sup> year of typical use for common methods available in Asia

99% +

91% +

76% +

Risk of pregnancy

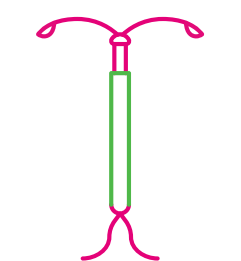


### Long Acting Reversible Contraception (LARC)



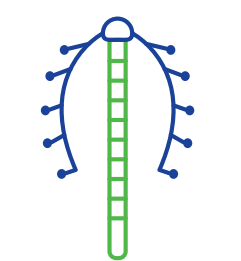
#### Contraceptive Implant

**99.95%** effective  
Last up to 3–5 years depending on type



#### Hormonal Intrauterine Device [hormonal IUD]

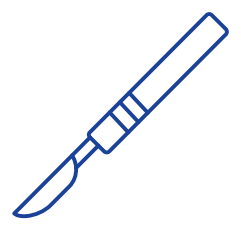
**99.8%** effective  
Lasts up to 5 years



#### Copper Intrauterine Device [Cu-IUD]

**99.2%** effective  
Lasts up to 3–10 years depending on type

### Permanent Contraception



#### Male sterilisation [vasectomy]

**99.85%** effective  
Permanent



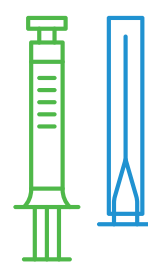
#### Female Tubal Ligation

**99.5%** effective  
Permanent

Risk of pregnancy

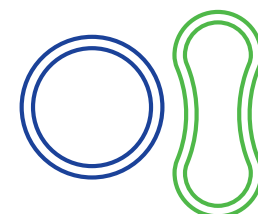


### Short Acting Reversible Contraception (SARC)



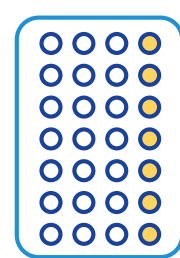
#### Contraceptive Injection:

Depot medroxyprogesterone acetate [DMPA]  
**94%** effective  
Injection every 12 weeks



#### Contraceptive Vaginal Ring

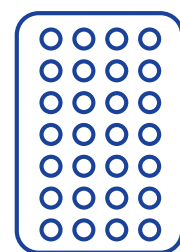
**91%** effective  
New ring used every 4 weeks



#### Combined Oral Contraceptive Pill [the COC Pill]

**91%** effective  
Taken daily depending on pack

\* For 28 days pack, there is no pill-free interval;  
for 21 days pack there is a 7 days pill-free interval



#### Progestogen-only Contraceptive Pill [POP]

**91%** effective  
Taken daily

Risk of pregnancy



### Other Contraception Methods



**Diaphragm**  
**88%** effective



**Male Condom**  
**82%** effective



**Female Condom**  
**79%** effective



**Withdrawal Method**  
**78%** effective



**Fertility Awareness based Method**  
**76%** effective  
Abstain from intercourse or use another method on fertile days.

Please consult your healthcare provider for more information on the contraceptive method most suitable for you

- Data is based on estimates of 1st year probabilities of contraceptive failure for methods of contraception in the United States. For most methods, these estimates were derived from the experience of women in the 1995 National Survey of Family Growth (NSFG) or the 1995 and 2002 NSFGs, so that the information pertains to nationally representative samples of users. For the other methods, estimates were based on evidence from surveys and clinical investigations.
- Typical use – real life use where mistakes can sometimes happen e.g. forgetting a pill, condom not used correctly
- Perfect use – when the rules are followed perfectly every time