

Currently, 45% of pregnancies are unplanned or associated with feelings of ambivalence. Contraceptive method suitability will depend on your medical history. Please speak to your healthcare professional for further information.

Talk Contraception

What are my options?

Clinic Details:

Contraceptive implant

- Small flexible rod fitted just under the skin in the upper arm
- Lasts for up to 3 years
- Contains progestogen (hormone)
- Typical and perfect use effectiveness: over 99%*



IUD or coil (intrauterine device)

- Fitted into the womb
- Lasts for 5 to 10 years depending on the type
- Does not contain hormones so does not interact with other medication
- Typical and perfect use effectiveness: over 99%*



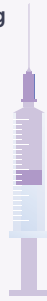
IUS (intrauterine system)

- Fitted into the womb
- Lasts for 3 to 8 years depending on the type
- Contains progestogen (hormone)
- Typical and perfect use effectiveness: over 99%*



Contraceptive injection

- Injected into the buttocks, arm or leg
- Every 8 to 13 weeks, depending on the type
- Contains progestogen (hormone)
- Typical effectiveness: around 94%*
- Perfect use effectiveness: over 99%*



Combined pills (COC)

- Taken orally
- Contains oestrogen and progestogen (hormones)
- Many different types available, with various dosing schedules
- Typical effectiveness: 91%*
- Perfect use effectiveness: 99%*



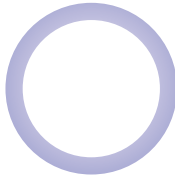
Progestogen-only pills (POP)

- Taken orally
- Contains progestogen (hormone) many different types available.
- Typical effectiveness: 91%*
- Perfect use effectiveness: 99%*



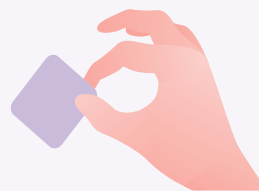
Vaginal ring

- Flexible ring which is placed inside the vagina
- Contains oestrogen and progestogen (hormones)
- Typical effectiveness: 91%*
- Perfect use effectiveness: 99%*



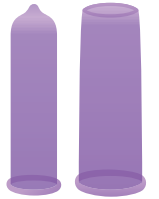
Patch

- A small patch stuck onto the skin
- Releases oestrogen and progestogen (hormones)
- Typical effectiveness: 91%*
- Perfect use effectiveness: 99%*



Condoms (Male & Female)

- Barrier method that the man or woman can use
- Does not contain any hormones
- Typical effectiveness for male condoms is around 82%*, or 98%* with perfect use
- Typical effectiveness for female condoms is around 79%*, or 95%* with perfect use



Diaphragms & Caps

- Barrier method of contraception, that fits inside the vagina
- Does not contain hormones
- Typical effectiveness: 71-88%*
- Perfect use effectiveness: 92-96%*, when used with spermicide



Sterilisation

- The fallopian tubes in women or the tubes carrying sperm in men (vas deferens) are cut, sealed or blocked
- Does not involve any hormones
- Typical effectiveness is around 99.5% for females (depending on method) and 99.95% for males



Natural Methods

- Monitoring and recording of different fertility signals during a menstrual cycle to work out when you are likely/unlikely to get pregnant and plan accordingly
- Does not involve hormones
- Typical effectiveness: around 76%*
- Perfect use effectiveness: around 99%*



*These are "typical" effectiveness rates which show how effective the method is with an average person. Typical rates tend to reflect real life usage (including inconsistent and incorrect use). "Perfect" effectiveness rates is how effective the method is when used exactly according to instructions. Please speak to your healthcare professional for more information relating to efficacy rates.

The effectiveness of the contraceptive options mentioned above cannot be directly compared with one another, please speak to your healthcare professional for more information regarding the efficacy of a particular option.

