






Contraceptive Methods







Perfect use – when the rules are followed perfectly EVERY time.

Typical use – real life use where mistakes can sometimes happen (for example: forgetting a pill or condom not used correctly).

Contraceptive methods that don't depend on you remembering to take or use them.

	 Contraceptive Implant (Implanon®)	 Hormonal Intrauterine System (Mirena®, Kyleena®)	 Non-Hormonal Intrauterine Device (Copper IUD)	 Contraceptive Injection (Depo)	 Permanent (Sterilisation)(Tubal Ligation/Vasectomy)
What is it?	A small, flexible rod inserted under the skin of the upper arm that releases progesterone.	A small "T" – shaped, progesterone releasing plastic device which is inserted into the uterus (womb). A low dose option (Kyleena®) is available.	A small plastic and copper device which is inserted into the uterus (womb).	An injection of progesterone into the muscle.	The fallopian tubes in women or the tubes carrying sperm in men (vas deferens) are cut, sealed or blocked.
Effectiveness	Perfect use: over 99% Typical use: over 99%	Perfect use: over 99% Typical use: over 99%	Perfect use: over 99% Typical use: over 99%	Perfect use: over 99% Typical use: over 94%	Overall failure rate is about 1 in 200 for females and 1 in 2,000 for males.
Advantage	Effective for 3 years but can be removed sooner.	Works for 5 years but can be removed sooner. Mirena® can be used to treat heavy periods.	Works for 5 or 10 years but can be removed sooner.	Works for 12 week routine cycles.	Sterilisation is permanent with no serious side effects.
Disadvantage	Irregular bleeding is common in first few months. Scarring can occur.	Irregular bleeding or spotting is common up to the first 6 months.	Periods may be heavier, longer or more painful.	Can't be removed from the body so side effects may continue while it works and for some time after.	Should not be chosen if in any doubt about having children in the future.

Contraceptive methods that you have to use and think about regularly or each time you have sex.

	 Progesterone - only Pill (POP)	 Combined Pill (CHC)	 Condoms (male and female)	 Diaphragm (Caya®)	 Contraceptive vaginal ring (Nu-Va Ring)	 Fertility Awareness (Basal Temperature)
What is it?	A pill containing progesterone, taken orally, each day	A pill containing estrogen and progesterone, taken orally.	Female – loose fitting sheath sits in vagina and outer ring over vulva. Male – A thin latex, polyurethane sheath put over the erect penis.	A flexible silicone device is put into the vagina to cover the cervix.	A small, flexible, plastic ring put into the vagina that releases estrogen and progesterone.	Ovulation times of the menstrual cycle are identified by noting different fertility indicators.
Effectiveness	Perfect use: over 99% Typical use: around 91%	Perfect use: over 99% Typical use: around 91%	Perfect use: 95% female, 98% male Typical use: 79% female, 82% male	Perfect use: 86% Typical use: around 82%	Perfect use: over 99% Typical use: around 91%	Perfect use: up to 99% Typical use: around 76%
Advantage	Can be used if you smoke and are over 35 years of age.	Often reduces bleeding and period pain. May help with premenstrual symptoms.	Best way to help protect yourself from sexually transmitted infections (STI's).	Can be put in any time before sex. Non hormonal method.	One ring stays in for 3 weeks, you don't need to think about contraception every day.	No physical side effects, can also be used to plan as well as prevent pregnancy.
Disadvantage	Late pills, vomiting or severe diarrhoea can make it less effective.	Missing pills, vomiting or severe diarrhoea can make it less effective.	Female – skin irritation, clicking noise and spillage. Male – May slip off or split if not used correctly.	Lower effectiveness. Requires lubricant gel for insertion.	You must be comfortable inserting and removing it.	Need to avoid sex or use a condom at fertile times of the cycle.