



# Contraception

## The prevention of pregnancy – what are my options?

Most effective













Less than 1 pregnancy per 100 women in 1 year

6–12 pregnancies per 100 women in 1 year

18 or more pregnancies per 100 women in 1 year

85 pregnancies per 100 women in 1 year

Least effective

Contraception method	How to use the method and duration of use
<p><b>Long-acting reversible methods (LARCs)</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Implant         </div> <div style="text-align: center;">             Hormonal IUD         </div> <div style="text-align: center;">             Copper IUD         </div> </div>	<p>LARCs are inserted by your doctor and last up to:</p> <ul style="list-style-type: none"> <li>• <b>Implant</b> (in your arm): 3 years</li> <li>• <b>IUD</b> (in your womb/uterus): 5–10 years</li> </ul>
<p><b>Surgical methods</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Tubal ligation or salpingectomy         </div> <div style="text-align: center;">             Vasectomy         </div> </div>	<p>Surgical procedures: permanent contraception.</p> <ul style="list-style-type: none"> <li>• <b>Tubal ligation:</b> female tubes tied</li> <li>• <b>Salpingectomy:</b> female tubes removed</li> <li>• <b>Vasectomy:</b> male tubes 'snipped'</li> </ul>
<p><b>Hormonal methods</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Injectable         </div> <div style="text-align: center;">             The pill         </div> <div style="text-align: center;">             Vaginal ring         </div> </div>	<ul style="list-style-type: none"> <li>• <b>Injectable:</b> injected by doctor every 12 weeks</li> <li>• <b>The pill:</b> take at the same time every day</li> <li>• <b>Ring:</b> replace in the vagina every month</li> </ul>
<p><b>Other methods</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Condom         </div> <div style="text-align: center;">             Fertility tracking         </div> <div style="text-align: center;">             Withdrawal         </div> </div>	<ul style="list-style-type: none"> <li>• <b>Condom:</b> use during sex</li> <li>• <b>Fertility tracking:</b> abstain from sex on fertile days</li> <li>• <b>Withdrawal:</b> ejaculate outside the woman's vagina</li> </ul>
<p><b>No contraception</b></p> <div style="text-align: center;">             Unprotected sex         </div>	<p>Use emergency contraception after unprotected sex to lower your risk of pregnancy:</p> <ul style="list-style-type: none"> <li>• <b>Morning-after pill:</b> within 3 days</li> <li>• <b>Copper IUD:</b> within 5 days</li> </ul>

