

# What You Should Know About Family Planning Methods

## Comparing Effectiveness of Family Planning Methods

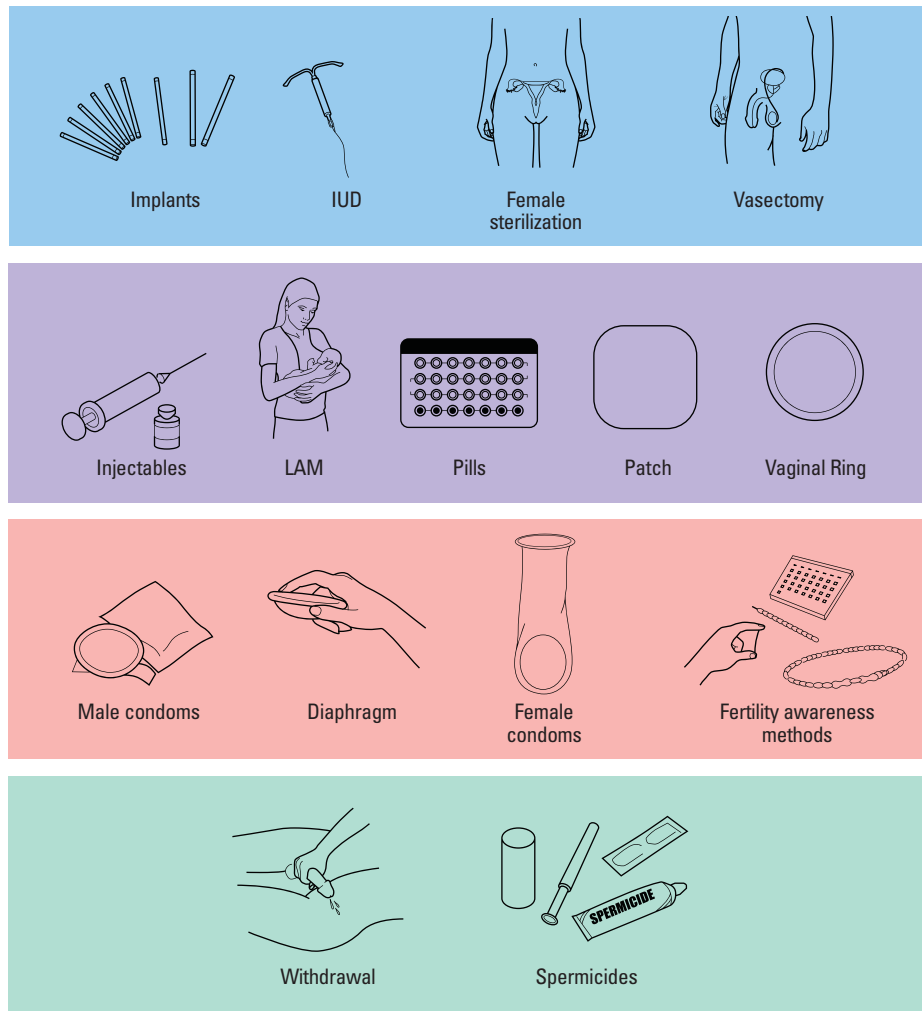
### More effective

Less than 1 pregnancy per 100 women in a year



### Less effective

About 30 pregnancies per 100 women in a year



Adapted with permission from World Health Organization (WHO). Comparing typical effectiveness of contraceptive methods. 2006. Available at [www.fhi.org/nr/shared/enFHI/Resources/EffectivenessChart.pdf](http://www.fhi.org/nr/shared/enFHI/Resources/EffectivenessChart.pdf).

## How to make your method more effective

**Implants, IUD, female sterilization:** After procedure, little or nothing to do or remember.

**Vasectomy:** Use another method for first 3 months.

**Injectables:** Get repeat injections on time.

**Lactational amenorrhea method (LAM):** Breastfeed often, day and night, for 6 months.

**Pills:** Take a pill each day.

**Patch, ring:** Keep in place, change on time.

**Condoms, diaphragm:** Use correctly every time you have sex.

**Fertility awareness methods:** Abstain or use condoms on fertile days. Newest methods (Standard days Method and TwoDay Method) may be easier to use.

**Withdrawal, spermicides:** Use correctly every time you have sex.