

YOUR GUIDE TO CONTRACEPTION & IT'S EFFECTIVENESS

For more information on contraceptive choices, visit NHS inform by scanning the QR code



Copper IUD
(intrauterine device, coil)



Hormonal IUD
(Intrauterine device)



Works Really Well
(99.2-99.99% effective)



Contraceptive Implant



Female sterilisation



Vasectomy



Contraceptive Injection



Progestogen-only pill (POP, mini pill)



Works Pretty Well
(91-94% effective)



Combined Pill



Vaginal Ring



Contraceptive Patch



Diaphragm



(82-88% effective at preventing pregnancy)

Condom



Works OK

Condoms are the best protection against STI's



Natural family planning (76-78% effective at preventing pregnancy)



Withdrawal