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

<table>
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<tr>
<th>What is it?</th>
<th>Effectiveness</th>
<th>Advantage</th>
<th>Disadvantage</th>
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| **Contraceptive implant** | - **Perfect use:** over 99%  
- **Typical use:** over 99%. | - Works for 3 years but can be taken out sooner. | - It requires a small procedure to fit and remove it. |
| **Intrauterine device (IUD)** | - **Perfect use:** over 99%  
- **Typical use:** over 99%. | - Works for 5 or 10 years depending on type but can be taken out sooner. | - Periods may be heavier, longer or more painful. |
| **Intrauterine system (IUS)** | - **Perfect use:** over 99%  
- **Typical use:** over 99%. | - Works for 3 or 5 years but can be taken out sooner. | - Irregular bleeding or spotting is common in the first 6 months. |
| **Contraceptive injection** | - **Typical use:** around 91%.  
- **Perfect use:** over 99%. | - Works for 8 or 13 weeks – you don’t have to think about contraception during this time. | - Can’t be removed from the body so side effects may continue while it works and for some time afterwards. |
| **Sterilisation** | - **Perfect use:** over 99%.  
- **Typical use:** over 99%. | - Sterilisation is permanent with no long or short-term serious side effects. | - 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.

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| **Contraceptive patch** | - **Perfect use:** over 99%.  
- **Typical use:** around 91%. | - Can make bleeds regular, lighter and less painful. | - May be seen and can cause skin irritation. |
| **Contraceptive vaginal ring** | - **Perfect use:** over 99%.  
- **Typical use:** around 91%. | - One ring stays in for three weeks – you don’t have to think about contraception every day. | - You must be comfortable with inserting and removing it. |
| **Combined pill (COC)** | - **Perfect use:** over 99%.  
- **Typical use:** around 91%. | - Often reduces bleeding and period pain, and may help with premenstrual symptoms. | - Missing pills, vomiting or severe diarrhoea can make it less effective. |
| **Progestogen-only pill (POP)** | - **Typical use:** around 82%.  
- **Perfect use:** 98%.  
- **Typical use:** around 91%. | - Can be used by women who smoke and are over 35. | - Late pills, vomiting or severe diarrhoea can make it less effective. |
| **External condom** | - **Typical use:** around 79%.  
- **Perfect use:** 95%. | - A very thin latex (rubber) with spermicide, is put into the vagina to cover the area just outside. | - You need to use the right size. If you have sex again extra spermicide is needed. |
| **Internal condom** | - **Typical use:** around 94%.  
- **Perfect use:** over 99%. | - Soft, thin polyurethane sheath that loosely lines the vagina and covers the area just outside. | - Need to avoid sex or use a condom at fertile times. |
| **Diaphragm/cap with spermicide** | - **Typical use:** around 99%.  
- **Perfect use:** up to 99%. | - A flexible latex (rubber) or silicone device, used for some time afterwards. | - No physical side-effects, and can be used to plan as well as prevent pregnancy. |
| **Contraceptive injection** | - **Typical use:** around 76%.  
- **Perfect use:** up to 99%. | - Can be put in any time before sex. | - Condoms are the best way to help protect yourself from sexually transmitted infections. |
| **Fertility awareness methods** | - **Typical use:** around 91%.  
- **Perfect use:** up to 99%. | - No physical side-effects, and can be used to plan as well as prevent pregnancy. | - Sterilisation is permanent with no long or short-term serious side effects. |

**PERFECT USE MEANS USING THE METHOD CORRECTLY EVERY TIME. TYPICAL USE IS WHEN YOU DON’T ALWAYS USE THE METHOD CORRECTLY.**