

Birth Control Method Effectiveness Rates

Birth control method	Typical use success rate (%)	Perfect use success rate (%)
Abstinence	unknown	100
Implant (Nexplanon®, Implanon®)	99.95	99.95
Male Sterilization (vasectomy)	99.85	99.9
Hormonal IUD (Mirena®)	99.8	99.8
Shot (Depo Provera®)	94	99.8
Pill (estrogen/progestin)	91	99.7
Mini-pill (progestin only)	91	99.7
Patch	91	99.7
Ring (Nuva Ring®)	91	99.7
Female Sterilization	99.5	99.5
Copper IUD (Copper-T®)	99.2	99.4
Lactational Amenorrhea Method (LAM)	unknown	98.5 - 99.5*
Male condom (latex)	82	98
Withdrawal	78	96
Female condom	79	95
Fertility awareness	76	95 - 99.6**
Diaphragm & spermicide	88	94
Sponge for a woman who has never delivered a child	88	91
Spermicides (gel, foam, suppository, film)	72	82
Sponge for a woman who has previously delivered a child	76	80
No protection	15	15***

* Pregnancy rate is for the first six months after childbirth. LAM is a short term method of birth control. The range of LAM rates reflect the findings of different studies.

** There are many different methods of using fertility awareness, with different levels of effectiveness.

*** In other words, if 100 couples use no protection for a year, 85 would get pregnant by the end of the year.

Sources: Hatcher, Robert A.; Trussell, James, et al (2011). Contraceptive Technology (20th Ed.) New York: Ardent Media

CDC: U.S. Centers for Disease Control and Prevention (2013, June 14). MMWR, Vol. 62, U.S. Selected Practice Recommendations for Contraceptive Use, 2013.

Color codes for "perfect-use" success rates		
over 99%	Green	extremely effective
over 95%	Yellow	effective
over 90%	Orange	fairly effective
70-90%	Pink	least effective
15%	Red	very risky

Perfect use success rate is the highest amount of protection a person could expect from a birth control method. For the effectiveness to be this high, a couple would have to use their method correctly and consistently (e.g. taking every pill, using a condom every time, etc.)

Typical use success rate is the amount of protection a typical person could expect from a birth control method. It includes everyone who may have made birth control mistakes (e.g. missing pills, forgetting to put the next patch on in time) or didn't use their method every time (e.g. not using condoms every time they had sex).

Emergency Contraception Pill (Plan B)

In the first 24 hours after unprotected sex, Plan B is very effective and reduces the risk of pregnancy up to 95%. It can be effective up to five days after unprotected sex but should be taken **as soon as possible**. It becomes much less effective each day.

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