



BIRTH CONTROL EFFECTIVENESS TABLE

Birth Control Method	Effectiveness Rate	
	Typical Use ¹	Perfect Use ²
Abstinence (No Sexual Contact)	100.00%	100.00%
IUD- Mirena	99.90%	99.90%
Male Sterilization (Vasectomy)	99.85%	99.90%
NuvaRing	92.00%	99.70%
Evra Patch	92.00%	99.70%
Birth Control Pill ³	92.00%	99.70%
Depo Provera	97.00%	99.70%
Female Sterilization (Tubal Ligation)	99.50%	99.50%
IUD- Copper T	99.20%	99.40%
Male Condom	85.00%	98.00%
Natural Family Planning ⁴	75.00%	96.25%
Withdrawal	73.00%	96.00%
Female Condom	79.00%	95.00%
Diaphragm	84.00%	94.00%
Sponge (Nulliparous ⁵ Women)	84.00%	91.00%
Spermicides ⁶	71.00%	82.00%
Sponge (Parous ⁷ Women)	68.00%	80.00%
Chance	15.00%	15.00%

¹Effectiveness rate for typical use refers to how effective each method is at preventing pregnancy during actual use including incorrect or inconsistent use.

²Effectiveness rate for perfect use refers to how effective each method can be at preventing pregnancy when the user follows the directions for use.

³Includes combined oral contraceptives and progestin only oral contraceptives.

⁴Includes calendar, ovulation, sympto-thermal, and post-ovulation natural family planning methods.

⁵Nulliparous refers to a woman who has never given birth.

⁶Includes vaginal contraceptive film, foams, gels, creams, and vaginal suppositories.

⁷Parous refers to a woman who has given birth one or more times.

Source: Hatcher, R.A. et al. (2004). *Contraceptive technology: Eighteenth revised edition*. New York: Ardent Media.

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