Contraceptive Effectiveness Scale

Most Effective

Generally 1 or fewer pregnancies per 100 women in 1 year

About 30 pregnancies per 100 women in 1 year

Least Effective

	How to make your method more effective
Implants, Female Sterilisation, Vasectomy, IUD	One-time procedures; nothing to do or remember
Injectables	Need repeat injections every 1, 2 or 3 months
Pills, Patch, Vaginal Ring	Must take a pill or wear a patch or ring every day
Lactational Amenorrhea Method (LAM)	Must follow LAM instructions
Male condoms	Must use every time you have sex; requires partner's cooperation
Diaphragm	Must use every time you have sex
Cervical Cap, Sponge, Female Condoms	Must use every time you have sex
Withdrawal, Fertility Awareness-Based Methods (selected)	Require partner's cooperation; for FABs must abstain or use condoms on fertile days
Spermicides	Must use every time you have sex