









## Appendix I: Overview of contraceptive methods infographic





All methods are different and the most important thing for individuals is to find the best fit for them and their needs.

			
<p><b>Implant</b></p>	<p><b>LNG-IUD</b></p>	<p><b>Cu-IUD</b></p>	<p><b>Sterilisation</b></p>
<ul style="list-style-type: none"> <li>• Typical effectiveness: 99+%</li> <li>• Releases a hormone</li> <li>• Inserted into upper arm</li> <li>• Lasts 3-5 years</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 99+%</li> <li>• Releases a hormone</li> <li>• Inserted into uterus (womb)</li> <li>• Also known as hormonal coil</li> <li>• Lasts 3-6 years</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 99+%</li> <li>• Non-hormonal</li> <li>• Inserted into uterus (womb)</li> <li>• Also known as copper coil</li> <li>• Lasts 5-10 years</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 99+%</li> <li>• Non-hormonal</li> <li>• Permanent surgical procedure</li> </ul>
<p>Less than 1 in a 100 people will get pregnant in the first year of use</p>			



			
<p><b>Injection</b></p>	<p><b>Pills</b></p>	<p><b>Patch</b></p>	<p><b>Ring</b></p>
<ul style="list-style-type: none"> <li>• Typical effectiveness: 94%</li> <li>• Contains a hormone</li> <li>• Given into buttock, thigh, abdomen or upper arm</li> <li>• Lasts 2-3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 91%</li> <li>• Contains one or two hormones</li> <li>• Take daily</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 91%</li> <li>• Releases two hormones</li> <li>• Placed on upper arm, abdomen or thigh</li> <li>• Each patch lasts 1 week</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 91%</li> <li>• Releases two hormones</li> <li>• Placed in vagina</li> <li>• Each ring lasts 3 weeks</li> </ul>
<p>6 - 9 in 100 people will get pregnant in first year of use</p>			



			
<p><b>Diaphragm</b></p>	<p><b>External (male) condom</b></p>	<p><b>Internal (female) condom</b></p>	<p><b>Fertility awareness</b></p>
<ul style="list-style-type: none"> <li>• Typical effectiveness: 88%</li> <li>• Non-hormonal</li> <li>• Placed in vagina before sex</li> <li>• Used with spermicide</li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 83%</li> <li>• Non-hormonal</li> <li>• Placed on penis before sex</li> <li>• <b>Protects against STIs</b></li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 79%</li> <li>• Non-hormonal</li> <li>• Placed in vagina before sex</li> <li>• <b>Protects against STIs</b></li> </ul>	<ul style="list-style-type: none"> <li>• Typical effectiveness: 78%</li> <li>• Non-hormonal</li> <li>• Daily monitoring of App/fertility indicators</li> </ul>
<p>12 - 25 in 100 people will get pregnant in first year of use</p>			

