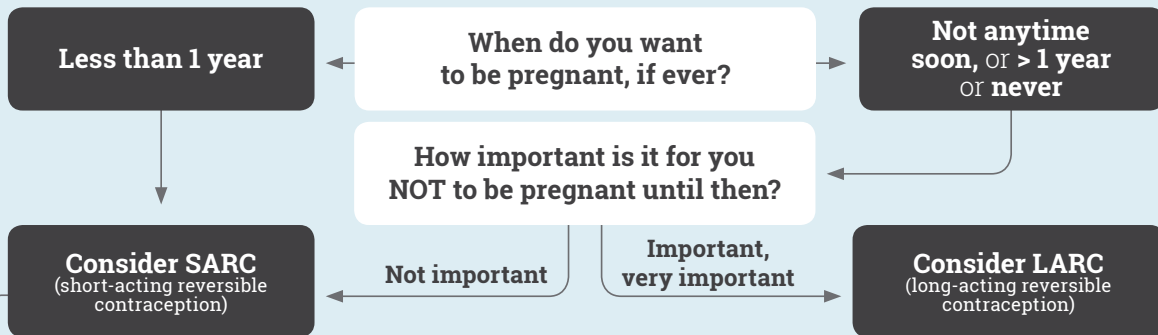


# CONTRACEPTION – IT'S A PLAN

## WHICH BIRTH CONTROL METHOD IS RIGHT FOR YOU?



Visit [www.itsaplan.ca](http://www.itsaplan.ca) to learn more about which method of contraception is right for you.

### BIRTH CONTROL OPTIONS – FREQUENCY AND EFFECTIVENESS

Relative efficacy of contraceptive options: **perfect use** vs. **typical use**<sup>†</sup>

Pregnancies for every 1,000 women during first year of use

	Frequency	Perfect Use <sup>†</sup>	Typical Use <sup>†</sup>	
<b>Hormonal Intrauterine Contraceptive (Hormonal IUC)</b>	3-5 years	2	2	LARC*
<b>Copper Intrauterine Contraceptive (Copper IUC)</b>	3-12 years	6	8	
SARC*	<b>Injectable Contraception</b>	Every 3 months	2	60
	<b>Oral Contraceptive Pill</b>	Every day	3	90
	<b>Contraceptive Patch</b>	Every week	3	90
	<b>Vaginal Ring</b>	Every month	3	90
	<b>Male Condom</b>	Every time	20	180
	<b>Female Condom</b>	Every time	50	210
	<b>Withdrawal (pulling out)</b>		40	220
	<b>Fertility Awareness Methods</b>		50	240
	<b>No method</b>		850	850

Adapted from Dr. Rupinder Toor, NE Calgary Women's Clinic and Canadian Contraception Consensus, 2015. Provided as a guide; should not substitute clinical judgment.

**For protection against STIs, it is advisable to use condoms.**



For the full list of contraception methods and their corresponding perfect use and typical use effectiveness, please visit [www.SexandU.ca](http://www.SexandU.ca)

\* SARC: Short-acting reversible contraception; LARC: Long-acting reversible contraception

† The relative effectiveness of a birth control method is defined in two ways: actual effectiveness and theoretical effectiveness. Actual effectiveness refers to the "typical use" of a method, meaning how effective the method is during actual use (including inconsistent and incorrect use). Theoretical effectiveness refers to the "perfect use" of a method, which is defined by when the method is used correctly and consistently as directed.