

## SUMMARY TABLE OF CONTRACEPTIVE EFFICACY

Percentage of women experiencing an unintended pregnancy during the first year of typical use and the first year of perfect use of contraception and the percentage continuing use at the end of the first year. United States.

Method (1)	% of Women Experiencing an Unintended Pregnancy within the First Year of Use		% of Women Continuing Use at One Year 3
	Typical Use 1 (2)	Perfect Use 2 (3)	(4)
No method 4	85	85	-
Spermicides 5	29	18	42
Withdrawal	27	4	43
Fertility awareness-based methods	25		51
----- Standard Days method 6	-	5	-
----- TwoDay method 6	-	4	-
----- Ovulation method 6	-	3	-
Sponge	-	-	-
----- Parous women	32	20	46
----- Nulliparous women	16	9	57
Diaphragm 7	16	6	57
Condom 8	-	-	-
----- Female (Reality)	21	5	49
----- Male	15	2	53
Combined pill and progestin-only pill	8	0.3	68
Evra Patch	8	0.3	68
NuvaRing	8	0.3	68
Depo-Provera	3	0.3	56
IUD	-	-	-
----- ParaGard (copper T)	0.8	0.6	78
----- Mirena (LNG-IUS)	0.2	0.2	80
Implanon	0.05	0.05	84
Female Sterilization	0.5	0.5	100
Male Sterilization	0.15	0.10	100

**Emergency Contraceptive Pills:** Treatment initiated within 72 hours after unprotected intercourse reduces the risk of pregnancy by at least 75%. 9

**Lactational Amenorrhea Method:** LAM is a highly effective, *temporary* method of contraception. 10

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Source: Trussell J. Contraceptive efficacy. In Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. *Contraceptive Technology: Nineteenth Revised Edition*. New York NY: Ardent Media, 2007.

**1** Among *typical* couples who initiate use of a method (not necessarily for the first time), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason. Estimates of the probability of pregnancy during the first year of typical use for spermicides, withdrawal, periodic abstinence, the diaphragm, the male condom, the pill, and Depo-Provera are taken from the 1995 National Survey of Family Growth corrected for underreporting of abortion; see the text for the derivation of estimates for the other methods.

**2** Among couples who initiate use of a method (not necessarily for the first time) and who use it *perfectly* (both consistently and correctly), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason. See the text for the derivation of the estimate for each method.

**3** Among couples attempting to avoid pregnancy, the percentage who continue to use a method for 1 year.

**4** The percentages becoming pregnant in columns (2) and (3) are based on data from populations where contraception is not used and from women who cease using contraception in order to become pregnant. Among such populations, about 89% become pregnant within 1 year. This estimate was lowered slightly (to 85%) to represent the percentage who would become pregnant within 1 year among women now relying on reversible methods of contraception if they abandoned contraception altogether.

**5** Foams, creams, gels, vaginal suppositories, and vaginal film.

**6** The Ovulation and TwoDay methods are based on evaluation of cervical mucus. The Standard Days method avoids intercourse on cycle days 8 through 19.

**7** With spermicidal cream or jelly.

**8** Without spermicides.

**9** The treatment schedule is one dose within 120 hours after unprotected intercourse, and a second dose 12 hours after the first dose. Both doses of Plan B can be taken at the same time. Plan B (1 dose is 1 white pill) is the only dedicated product specifically marketed for emergency contraception. The Food and Drug Administration has in addition declared the following 22 brands of oral contraceptives to be safe and effective for emergency contraception: Ogestrel or Ovral (1 dose is 2 white pills), Levlén or Nordette (1 dose is 4 light-orange pills), Cryselle, Levora, Low-Ogestrel, Lo/Ovral or Quasence (1 dose is 4 white pills), Tri-Levlén or Triphasil (1 dose is 4 yellow pills), Jolessa, Portia, Seasonale or Trivora (1 dose is 4 pink pills), Seasonique (1 dose is 4 light-blue-green pills), Empresse (1 dose is 4 orange pills), Alesse, Lessina or Levlite (1 dose is 5 pink pills), Aviane (1 dose is 5 orange pills), and Lutera (1 dose is 5 white pills).

**10** However, to maintain effective protection against pregnancy, another method of contraception must be used as soon as menstruation resumes, the frequency or duration of breastfeeds is reduced, bottle feeds are introduced, or the baby reaches 6 months of age.