












HOW EFFECTIVE IS MY BIRTH CONTROL?

Relative efficacy of contraceptive options: perfect use vs. typical use¹

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

	PERFECT USE*	TYPICAL USE*
HORMONAL INTRAUTERINE CONTRACEPTIVE (HORMONAL IUC) 	2	2
COPPER INTRAUTERINE CONTRACEPTIVE (COPPER IUC) 	6	8
INJECTABLE CONTRACEPTION 	2	60
ORAL CONTRACEPTIVE PILL 	3	90
CONTRACEPTIVE PATCH 	3	90
VAGINAL RING 	3	90
MALE CONDOM 	20	180
FEMALE CONDOM 	50	210
WITHDRAWAL (PULLING OUT) 	40	220
FERTILITY AWARENESS METHODS 	50	240
NO METHOD 	850	850

Adapted from the Canadian Contraception Consensus, 2015¹

For the full list of contraception methods and their corresponding perfect use and typical use effectiveness, please visit www.SexandU.ca

*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.²

References: 1. Society of Obstetricians and Gynaecologists of Canada (SOGC). Canadian Contraception Consensus (Part 1 of 4). *J Obstet Gynaecol Can* 2015;37(10):936-42. 2. CDC. Centers for Disease Control and Prevention. Reproductive Health: Contraception. Available at: <https://www.cdc.gov/reproductivehealth/contraception/index.htm>