

Fertility Control Effectiveness



A Comparison of Contraceptive Methods

Low effectiveness*

Method

Withdrawal

Spermicides

Fertility awareness

Female condom

Advantages

No health problems

No health problems; no prescription required

No health problems

No prescription required

Disadvantages

Requires considerable ejaculatory control

Must be used with each incidence of intercourse; messy

Difficult to predict "safe" days; several days of abstinence may be required

Vaginal irritation; must be used prior to intercourse

Moderate effectiveness†

Method

Male latex condom

Diaphragm

Cervical cap

Advantages

No health problems; no prescription required

No health problems

Can remain in place for up to 24 hours

Disadvantages

May break or tear

Must be used before intercourse; must be fitted by a clinician

Must be fitted by a clinician; cervical irritation

High effectiveness‡

Method

Combination hormonal methods (pills, patch, ring, injection)

Progestin-only methods (mini-pill, injection)

IUD

Advantages

Easy to use; not intercourse dependent

Easy to use; not intercourse dependent

Not intercourse dependent

One-time procedure

Disadvantages

Side effects; serious risks to health in some users

Side effects

Side effects; irregular bleeding, heavy menstrual bleeding and cramps; increased risk of pelvic infection

Some postsurgical discomfort

*Low effectiveness: Failure rate greater than 20%.

†Moderate effectiveness: Failure rate between 6% and 10%.

‡High effectiveness: Failure rate between 0% and 5%.

Safety Of Fertility Control Spring

A Gutmann



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