Efficacy of contraceptive methods available in Australia

Long-Acting Reversible Contraception

- **Etonogestrel implant**
  - Typical & Perfect use 99.95%
  - Lasts 3 years
  - Inserted and removed by clinician

- **Levonorgestrel IUD**
  - Typical & Perfect use 99.8%
  - Lasts 5 years
  - Inserted and removed by clinician

- **Vasectomy**
  - Typical use 99.85%
  - Perfect use 99.9%
  - Considered permanent
  - Performed by clinician

- **Tubal occlusion by metal microinsert (Essure*)**
  - Typical & Perfect use 99.8%
  - Hysteroscopic procedure
  - Considered permanent

- **Female tubal ligation**
  - Typical use 99.5%
  - Perfect use 99.5%
  - Considered permanent
  - Performed by clinician

Copper IUD's

- Typical use 99.2%
- Perfect use 99.4%
- Lasts 5 - 10 years
- Inserted and removed by clinician

Other hormonal methods

- **Depot medroxyprogesterone acetate injection**
  - Typical use 94%
  - Perfect use 99.8%
  - Injection every 3 months

- **Combined hormone vaginal ring**
  - Typical use 91%
  - Perfect use 99.7%
  - Change every 4 weeks

- **Combined Oral Contraceptive Pill**
  - Typical use 91%
  - Perfect use 99.7%
  - Once daily

- **Progestogen-Only Pill**
  - Typical use 91%
  - Perfect use 99.7%
  - Once daily

Barriers and natural methods

- **Diaphragm**
  - Typical use 88%
  - Perfect use 94%
  - On each occasion of intercourse

- **Male Condom**
  - Typical use 82%
  - Perfect use 98%
  - On each occasion of intercourse

- **Female Condom**
  - Typical use 79%
  - Perfect use 95%
  - On each occasion of intercourse

- **Withdrawal**
  - Typical use 78%
  - Perfect use 96%
  - On each occasion of intercourse

- **Fertility awareness**
  - Typical use 76%
  - Perfect use 95-99.6%

References


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