How well your birth control method works for you depends on how well you use it.

The numbers show how many women out of 100 get pregnant the first year they use birth control methods.*

- **Abstinence**: 0 women
- **Implanon**: Less than 1 woman (0.05) out of 100
- **Male sterilization**: Less than 1 woman (0.15) out of 100
- **Female sterilization**: Less than 1 woman (0.5) out of 100
- **IUD**: Less than 1 woman out of 100
- **Depo-Provera shot**: 3 women out of 100
- **Contraceptive patch**: 8 women out of 100
- **Contraceptive ring**: 8 women out of 100
- **Pill**: 8 women out of 100
- **Male condom**: 15 women out of 100
- **Diaphragm**: 16 women out of 100
- **Female condom**: 21 women out of 100
- **Natural family planning**: 25 women out of 100
- **Withdrawal**: 27 women out of 100
- **Spermicides**: 29 women out of 100
- **No method**: 85 women out of 100

*Based on typical use as opposed to perfect use.

Emergency contraception (EC) works best to prevent pregnancy if you take it within **3 days** (72 hours) after sex. It can work up to **5 days** (120 hours) and is **75% to 89% effective**.


Choose a method that is right for you!

Call **1-800-SAFENET** (1-800-723-3638) for a clinic near you.

Not everyone’s birth control needs are the same. Family planning clinics will help you find a method that works for you and your lifestyle.