

Contraceptive Methods

Contraceptive Method	Perfect Use (%)	Typical Use (%)	Prevents Fertilization	Prevents Implantation	Postpone Sex	STD Protection
Spermicides	18	29	Fair	No	No	No
Male Condoms	2	15	Quite Good	No	No	Yes
Female Condoms	5	21	Good	No	No	Yes
Diaphragm	6	16	Good	No	No	No
Cervical Cap w/o prior pregnancy	9	16	Good	No	No	No
Cervical Cap w/ prior pregnancy	26	32	Fair	No	No	No
Sponge w/o prior pregnancy	9	16	Good	No	No	No
Sponge w/ prior pregnancy	20	32	Fair	No	No	No
Oral Contraceptives	0.3	8	Quite Good	Possibly	No	No
Contraceptive Patch	0.3	8	Quite Good	Possibly	No	No
Vaginal Contraceptive Ring	0.3	8	Quite Good	Possibly	No	No
Depo-Provera	0.3	3	Quite Good	Possibly	No	No
IUD (Copper)	0.8	0.6	Fair	Yes	No	No
IUD (Mirena)	0.1	0.1	Fair	Yes	No	No
No Method	85	85	No	No	No	No
Ovulation Method	3	22	Quite Good	No	Yes	No
Sympto-Thermal Method	2.5	13-20	Quite Good	No	Yes	No
<u>Calendar Method</u>	5	13	Good	No	Yes	No
Lactatoin (LAM)	0.5	6	Quite Good	No	No	No
Withdrawal	4	27	Good	No	No	No
Abstinence	0	0	Excellent	Yes	Yes	No