

## Mechanisms of action and effectiveness of contraceptive methods

Method	How it works	Effectiveness: pregnancies per 100 women per year with consistent and correct use	Effectiveness: pregnancies per 100 women per year as commonly used
<b>Combined oral contraceptives (COCs) or "the pill"</b>	Prevents the release of eggs from the ovaries (ovulation)	0.3	7
<b>Progestogen-only pills (POPs) or "the minipill"</b>	Thickens cervical mucous to block sperm and egg from meeting and prevents ovulation	0.3	7
<b>Implants</b>	Thickens cervical mucous to blocks sperm and egg from meeting and prevents ovulation	0.1	0.1
<b>Progestogen only injectables</b>	Thickens cervical mucous to block sperm and egg from meeting and prevents ovulation	0.2	4
<b>Monthly injectables or combined injectable contraceptives (CIC)</b>	Prevents the release of eggs from the ovaries (ovulation)	0.05	3
<b>Combined contraceptive patch and combined contraceptive vaginal ring (CVR)</b>	Prevents the release of eggs from the ovaries (ovulation)	0.3 (for patch) 0.3 (for vaginal ring)	7 (for patch) 7 (for contraceptive vaginal ring)
<b>Intrauterine device (IUD): copper containing</b>	Copper component damages sperm and prevents it from meeting the egg	0.6	0.8
<b>Intrauterine device (IUD) levonorgestrel</b>	Thickens cervical mucous to block sperm and egg from meeting	0.5	0.7
<b>Male condoms</b>	Forms a barrier to prevent sperm and egg from meeting	2	13
<b>Female condoms</b>	Forms a barrier to prevent sperm and egg from meeting	5	21
<b>Male sterilization (Vasectomy)</b>	Keeps sperm out of ejaculated semen	0.1	0.15
<b>Female sterilization (tubal ligation)</b>	Eggs are blocked from meeting sperm	0.5	0.5
<b>Lactational amenorrhea method (LAM)</b>	Prevents the release of eggs from the ovaries (ovulation)	0.9 (in six months)	2 (in six months)
<b>Standard Days Method or SDM</b>	Prevents pregnancy by avoiding unprotected vaginal sex during most fertile days.	5	12
<b>Basal Body Temperature (BBT) Method</b>	Prevents pregnancy by avoiding unprotected vaginal sex during fertile days	Reliable effectiveness rates are not available	

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<b>TwoDay Method</b>	Prevents pregnancy by avoiding unprotected vaginal sex during most fertile days,	4	14
<b>Sympto-thermal Method</b>	Prevents pregnancy by avoiding unprotected vaginal sex during most fertile	<1	2
<b>Emergency contraception pills (ulipristal acetate 30 mg or levonorgestrel 1.5 mg)</b>	Prevents or delays the release of eggs from the ovaries. Pills taken to prevent pregnancy up to 5 days after unprotected sex	< 1 for ulipristal acetate ECPs 1 for progestin-only ECPs 2 for combined estrogen and progestin ECPs	
<b>Calendar method or rhythm method</b>	The couple prevents pregnancy by avoiding unprotected vaginal sex during the 1st and last estimated fertile days, by abstaining or using a condom.	Reliable effectiveness rates are not available	15
<b>Withdrawal (coitus interruptus)</b>	Tries to keep sperm out of the woman's body, preventing fertilization	4	20