IT’S A PLAN – CONTRACEPTION
WHICH BIRTH CONTROL METHOD IS RIGHT FOR YOU?

- Less than 1 year: When do you want to be pregnant, if ever?
  - Not anytime soon, or > 1 year or never
  - How important is it for you NOT to be pregnant until then?
    - Not important
    - Important

Consider SARC (short-acting reversible contraception)
Consider LARC (long-acting reversible contraception)

Visit www.itsaplan.ca to learn more about which method of contraception is right for you.

Adapted from Dr. Rupinder Toor, NE Calgary Women’s Clinic. Provided as a guide; should not substitute clinical judgment.

BIRTH CONTROL OPTIONS – FREQUENCY AND EFFECTIVENESS
Relative efficacy of contraceptive options: perfect use vs. typical use

Pregnancies for every 1,000 women during first year of use

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Contraceptive Implant</th>
<th>Hormonal Intrauterine Contraceptive (Hormonal IUC)</th>
<th>Copper Intrauterine Contraceptive (Copper IUC)</th>
<th>Injectable Contraception</th>
<th>Oral Contraceptive Pill</th>
<th>Contraceptive Patch</th>
<th>Vaginal Ring</th>
<th>Male Condom</th>
<th>Female Condom</th>
<th>Withdrawal (pulling out)</th>
<th>Natural Birth Control Methods</th>
<th>No Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perfect Use†</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>20</td>
<td>50</td>
<td>40</td>
<td>50</td>
<td>850</td>
</tr>
<tr>
<td>Typical Use†</td>
<td>0.5</td>
<td>2</td>
<td>8</td>
<td>60</td>
<td>50</td>
<td>70</td>
<td>70</td>
<td>180</td>
<td>210</td>
<td>220</td>
<td>240</td>
<td>850</td>
</tr>
</tbody>
</table>

For STI protection, it is advisable to use condoms and/or dental dams.

To learn more about contraception methods, visit SexandU.ca

*SARC: Short-acting reversible contraception; LARC: Long-acting reversible contraception. The relative effectiveness of a birth control method is defined in two ways: actual effectiveness and theoretical effectiveness. Actual effectiveness refers to the “typical use” of a method, meaning how effective the method is during actual use (including inconsistent and incorrect use). Theoretical effectiveness refers to the “perfect use” of a method, which is defined by when the method is used correctly and consistently as directed. This material is made possible through the support of Bayer Canada Inc. and Merck Canada Inc. The opinions expressed in this material are those of the authors and do not necessarily reflect the views of Bayer Canada Inc. or Merck Canada Inc.