

CONTRACEPTION

Find out more about each method at:
brook.org.uk/contraception



Barrier methods: stop sexual fluids being transferred between partners. Only condoms protect against STIs and pregnancy.

Hormonal methods: hormones oestrogen and/or progesterone work to disrupt the process that leads to pregnancy.

Other

Permanent

	Condoms	Internal or female condoms	Diaphragms and caps	Combined pill	Progestogen-only pill (mini pill or POP)	Contraceptive implant	Contraceptive injection	Contraceptive patch	Contraceptive vaginal ring	Intrauterine system (IUS or Mirena)	Intrauterine device (IUD)	Fertility awareness methods	Sterilisation (male & female)

Effectiveness (with correct use)	98%	95%	92-99%	99%	99%	99%	99%	99%	99%	99%	99%	75%	99%
Protects against STIs & pregnancy	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Use only when you have sex	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Use every day	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✗
May help with heavy periods	✗	✗	✗	✓	✗	✗	✗	✓	✓	✗	✗	✗	✗
Lasts for months or years	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✓
Widely available	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Doesn't interrupt sex	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓
Hormone free	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓
Easy to hide	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓
Mistake proof	✗	✗	✓	✗	✗	✓	✓	✓	✗	✓	✓	✗	✓
LARC (long acting reversible contraception)	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗