

POPULAR CONTRACEPTIVE METHODS

Contraceptive method	Effectiveness
Vasectomy	Almost 100 per cent
Female sterilisation	Almost 100 per cent
The Pill	Almost 100 per cent
Contraceptive injection	Almost 100 per cent
IUS (Mirena)	98 to 99 per cent
IUD (the coil)	97 to 98 per cent
The mini-Pill	Around 98 per cent
Male condom	90 to 98 per cent
Female condom	90 to 98 per cent
Diaphragm with spermicide	90 to 96 per cent

None of the methods is 100 per cent effective, which means the only guaranteed way of preventing conception is to not have sex.

Some of these methods can be complicated and you have to be organised in order to make full use of their contraceptive properties.

Data and links attributed to www.netdoctor.co.uk