

# HOW WELL DOES BIRTH CONTROL WORK?

What's your chance of getting pregnant in a year?



Really, really well

Works as birth control...

Implant

Up to 5 years

Hormonal IUD

Up to 8 years

Copper IUD

Up to 12 years

Sterilization

Forever

Less than 1 in 100



Really well



Pill

For it to work best, use it... Every day



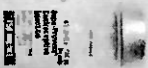
Patch

Every week



Ring

Every month



Shot

Every 3 months

6-9 in 100, depending on method



Pretty well



Pulling Out

For each of these methods to work, you or your partner have to use it every time you have sex.



Fertility Awareness

Internal Condom



Condom

Can be used alone or with another method for STI protection.

12-24 in 100, depending on method

**BEDSIDER**  
Bedsider.org

**POWER TO DECIDE**

**UCSF**  
University of California  
San Francisco

**Bixby Center for Global Reproductive Health**

**Beyond the Pill**  
beyondthepill.ucsf.edu



This work by the UCSF School of Medicine Bixby Center and Power to Decide/Bedsider is licensed as a Creative Commons Attribution - NonCommercial - NoDeriv 3.0 Unported License. Updated December 2023.

More than 85 in 100 without birth control.