

Effectiveness*	Perfect use	Typical use
Abstinence	100%	100%
Male condom	98%	85%
Female condom	95%	79%
Condom and spermicide	99%	95%
Spermicide alone <i>foams, creams, jellies, suppositories, film, gels</i>	88%	71%
Contraceptive sponge	91%	89%
Diaphragm	94%	84%
Cervical cap	91%	80%
Leah's Shield	94%	n/a
Birth control pill <i>(combination pill)</i>	99.7%	92%
Contraceptive patch	99.7%	92%
NuvaRing	99.7%	92%
Depo-Provera	99.7%	97%
Fertility awareness	91 – 99%	75%
Nothing	15%	15%
*Effectiveness rate = number of sexually active fertile women, out of 100, who do not get pregnant over a one-year period using the reported method.		