

Tableau indicatif^(*) d'efficacité des méthodes de planification familiale

Méthode	Utilisation parfaite	Utilisation typique
Stérilet aux progestatifs	0.1 ¹	0.1 ¹
Vasectomie	0.1 ¹	0.15 ¹
Contraceptifs oraux combinés	0.1 ¹	5 ¹
Injections à effet prolongé (Depo-Provera)	0.3 ¹	3 ¹
Dispositif transdermique (patch)	0.3 ¹	8 ¹
Anneau vaginal	0.3 ¹	8 ¹
Contraceptifs oraux progestatifs	0.3 ¹	8 ¹
Ligature des trompes	0.5 ¹	0.5 ¹
Méthode d'allaitement maternel et d'aménorrhée (MAMA) 6 mois	0.5 ² - 1.5 ³	nd.
Méthode sympto-thermique	0.5⁴ - 2¹	1.6⁵ - 10.9⁶
Stérilet en cuivre (Dispositif intra-utérin)	0.6 ¹	0.8 ¹
Méthode de la glaire cervicale (Méthode Billings)	1 ⁷ - 3 ¹	2.5 ⁸ - 19.6 ⁹
Préservatif masculin - condom	3 ¹	15 ¹
Coït interrompu	4 ¹	27 ¹
Calendrier (Ogino-Knauss)	5 ¹⁰	13 ¹¹
Préservatif féminin	5 ¹	21 ¹
Diaphragme	6 ¹	16 ¹
Cape cervicale :		
Femmes n'ayant jamais accouché	9 ¹	16 ¹
Femmes ayant déjà accouché	26 ¹	32 ¹
Éponge :		
Femmes n'ayant jamais accouché	9 ¹	16 ¹
Femmes ayant déjà accouché	20 ¹	32 ¹
Spermicides	18 ¹	29 ¹

Références particulières :

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(*) Ce tableau reste indicatif car les valeurs peuvent fluctuer fortement d'une étude à l'autre. Il affiche le pourcentage de grossesse après un an d'usage de la méthode.

Méthodes naturelles