

PEARL INDEX-BASED EFFECTIVENESS OF CONTRACEPTIVE METHODS (Table 1)

Contraceptive methods vary in mechanism and effectiveness. To compare these methods, the Pearl Index is used. The definition of the Pearl Index is the number of unintended pregnancies per 100 women using a specific method for one year. Based on this index, contraceptive methods are divided into:

Very effective (0-0.9 pregnancies per 100 women)

Effective (1-9 pregnancies per 100 women)

Moderately effective (10-19 pregnancies per 100 women)

Less effective (20 or more pregnancies per 100 women)

It is important to note that the Pearl Index values differ between ideal and typical use (meaning when there might be instances of forgetting etc.).

Table 1

	Hormonal methods					Non-hormonal methods				
	Oral contraceptives		Other methods (intravaginal, transdermal and intradermal, injectable)			Intrauterine devices		Barrier methods		Irreversible method
Method/ device name	CHC*	POP**	Vaginal ring	Implant	Patch	Containing hormone	Containing copper	Male condom	Female condom	sterilisation****

Effectiveness in ideal use	0.3	0.3	0.3	0.1	0.3	0.5	0.6	2	5	0.1 M 0.5 (N)
Effectiveness in normal use	7	7	7	0.1	7	0.7	0.8	13	21	0.15 (M) 0.5 (N)
How is it used? How often do you need to think about the method?	21+7 or 24+4 scheme	One tablet every day	Change once a month	3 years under the skin	Change once every week and one patch-free week	3-8 years inside the uterus	5-10 years inside the uterus	Before each intercourse	Before each intercourse	A single operation is performed
Starting use after childbirth and not breastfeeding	21-42 days after childbirth* **	immediately	6 months	immediately	21-42 days after childbirth	<48 h or >4 weeks after delivery	<48 h or >4 weeks after delivery	immediately	Immediately	Not applicable in context

Use after childbirth and breastfeeding	6 months	immediately	6 months	immediately	6 months	<48 h or >4 weeks after delivery*****	<48 h or >4 weeks after delivery	immediately	immediately	Not applicable in context
Use after abortion	immediately	immediately		immediately	immediately	In the case of a medically-induced abortion after a check-up	in the case of a medically-induced abortion after a check-up	immediately	immediately	Not applicable in context

*Combined hormonal contraception

**Progestogen-only pill or a pill that contains only progestogen.

*** Depends on individual thrombosis risk.

****Eligibility criteria based on legislation, see the chapter 'Sterilisation'.

*****Intrauterine device should not be inserted if there has been uterine infection during childbirth. After the disease has been cured, IUD is allowed.

Where can I get more information? Seksuaaltervis.ee -> contraceptives <https://seksuaaltervis.ee/info/rasedus/rasestumisvastased-vahendid>

Choose the best solution for you, together with your doctor or midwife, based on your health, needs and wishes.