

A CLINICAL REFERENCE FROM HORMONAL HUB

The Contraception Comparison Chart.

UK-licensed methods at a glance. Effectiveness assumes typical use. "Hormones?" notes whether the method affects hormonal symptoms or conditions.

METHOD	EFFECTIVENESS	HORMONES?	PERIOD IMPACT	FERTILITY RETURN	BEST FOR
Combined pill (COC)	91% typical	Oestrogen + progestogen	Lighter, regular	Immediate	Cycle control, PMOS, acne
Progestogen-only pill (POP)	91% typical	Progestogen only	Often unpredictable	Immediate	Breastfeeding, >35 smokers, migraine
LNG-IUS (Mirena)	>99%	Low-dose progestogen	Light or absent	Immediate	Heavy bleeding, fibroids, HRT protection
Copper IUD	>99%	Non-hormonal	Heavier, more painful	Immediate	Hormone-free preference, breast Ca history
Implant (Nexplanon)	>99%	Progestogen only	Often unpredictable	Immediate	"Fit and forget" 3-year option
Depo injection	94% typical	Progestogen only	Often absent	Up to 12 months delay	Sickle cell, epilepsy on enzyme-inducers
Vaginal ring (NuvaRing)	91% typical	Oestrogen + progestogen	Lighter, regular	Immediate	Cycle control without daily tablet
Contraceptive patch	91% typical	Oestrogen + progestogen	Lighter, regular	Immediate	Cycle control, weekly application
Condoms	82% typical	Non-hormonal	No change	Immediate	STI protection, on-demand
Fertility awareness (FAM)	76–88% typical	Non-hormonal	No change	Immediate	Regular cycles, motivated couples
Female sterilisation	>99%	Non-hormonal	No change	Permanent	Completed family
Vasectomy	>99%	Non-hormonal	No change	Permanent (12 weeks)	Completed family · least invasive permanent

Contraindications to combined methods

COC, patch, ring — avoid in: **migraine with aura, smoking + age >35, BMI >35, hypertension, history of VTE, current breast cancer, breastfeeding <6 weeks.** Progestogen-only methods or non-hormonal options remain safe in most of these scenarios.