







# Non-Prescription Birth Control Choices

Method	How well does it work?	How to Use	Pros	Cons
<p><b>Male Condom</b> (Latex or Polyurethane)</p> 	85-98%	<p>Use a new condom each time you have sex.</p> <p>Roll condom over hard penis and leave space at the tip to hold semen.</p> <p>After sex, pull out before penis gets soft while holding onto the condom's rim.</p> <p>Use a polyurethane condom if man or woman is allergic to latex.</p>	<p>Can buy at many stores</p> <p>Can put on as part of sex play/foreplay</p> <p>Can help prevent early ejaculation</p> <p>Protects against HIV and many other sexually transmitted infections (STIs)</p> <p>Can be used while breastfeeding</p>	<p>Can decrease sensation</p> <p>Can cause loss of erection</p> <p>Can break or slip off</p>
<p><b>Female Condom</b> (Polyurethane)</p> 	79-95%	<p>Use a new condom each time you have sex.</p> <p>Insert condom into vagina.</p> <p>Use extra lubrication as needed.</p>	<p>Can buy at many stores</p> <p>Can put in as part of sex play/foreplay</p> <p>Good for people with latex allergy</p> <p>Protects against HIV and other STIs</p> <p>Can be used while breastfeeding</p>	<p>May be noisy</p> <p>May be hard to insert</p> <p>May slip out of place during sex</p>
<p><b>Spermicide</b> Cream, gel, sponge, foam, inserts, film, suppository</p> 	71-85%	<p>Insert more spermicide each time you have sex.</p> <p>Insert spermicide deep into vagina shortly before sex.</p> <p>May use with condoms (to protect against HIV&amp; STIs).</p>	<p>Can buy at many stores</p> <p>Can put in as part of sex play/foreplay</p> <p>Comes in many forms</p> <p>Can be used while breastfeeding</p>	<p>May raise the risk of getting HIV &amp; STIs</p> <p>May irritate vagina or penis</p> <p>Cream, gel and foam can be messy.</p> <p>Does not protect against HIV or STIs</p>
<p><b>Withdrawal</b> Pull-out</p>	73-96%	<p>Pull penis out of vagina before ejaculation (that is, before the man comes).</p> <p>It works better if the man urinates before sex.</p>	<p>Costs nothing</p> <p>Can be used while breastfeeding</p>	<p>Less pleasure for some</p> <p>Doesn't work if the man can't pull out penis in time</p> <p>Does not protect against HIV or STIs</p> <p>Must interrupt sex</p>

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<p><b>Rhythm</b> Natural Family Planning, Fertility Awareness</p> 	75-88%	<p>Predict fertile days by:</p> <ol style="list-style-type: none"> <li>1. taking temperature daily;</li> <li>2. checking vaginal mucus for changes;</li> </ol> <p>AND/OR</p> <ol style="list-style-type: none"> <li>3. keeping a record of your periods.</li> </ol> <p>It works best if you use more than one of these.</p> <p>Avoid sex or use condoms/spermicide during fertile days.</p> <p>For full instructions: <a href="http://www.americanpregnancy.org/preventingpregnancy/fertilityawarenessNFP.html">http://www.americanpregnancy.org/preventingpregnancy/fertilityawarenessNFP.html</a></p>	<p>Costs little</p> <p>Can be used while breastfeeding</p>	<p>Must use another method during fertile days</p> <p>Works best if you have regular cycles</p> <p>Many things to remember with this method</p> <p>Does not protect against HIV or STIs</p>
<p><b>Breastfeeding</b> (No Periods) Lactation Amenorrhea Method (LAM)</p> 	95-98%	<p>Nurse at least every 4 hours during the day.</p> <p>Nurse at least every 6 hours during the night.</p> <p>Must breastfeed only—no bottles, formula or food.</p> <p>Works only until:</p> <ol style="list-style-type: none"> <li>1. the woman gets her first period</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>2. 6 months after childbirth (whichever comes first).</li> </ol>	Costs nothing	<p>Must breastfeed only: can't use formula or baby food</p> <p>Must breastfeed often</p> <p>Does not protect against HIV or other STIs</p>
<p><b>Emergency Contraception</b> (Levonorgestrel, "Morning After" Pill)</p> 	59-94%	<p>Works best the sooner you take it after unprotected sex.</p> <p>Take pill(s) as soon as you can after unprotected sex.</p> <p>You can take EC up to 5 days after unprotected sex.</p>	<p>Can be used while breastfeeding</p> <p>Available at pharmacies, health centers or health care providers: Call ahead to see if they have it.</p> <p>Women 17 years or older can get EC without a prescription.</p>	<p>May cause stomach upset or nausea</p> <p>The next period may come early or late.</p> <p>May cause spotting</p> <p>Does not protect against HIV or other STIs</p> <p>Girls under age 17 need a prescription.</p> <p>May cost a lot</p>