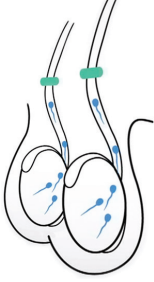





# Birth Control for Men

Method	How well does it work?	How to Use	Pros	Cons
<b>Vasectomy</b> 	> 99%	<p>A clinician performs this procedure. It lasts for the rest of your life.</p> <p>Vasectomy works by blocking the tubes that carry sperm from the testes. This prevents sperm from entering the semen (come).</p> <p>After vasectomy, when the semen has no sperm, you don't need to do anything else to prevent pregnancy.</p>	<p>It reduces the worry of pregnancy and provides permanent and highly effective birth control. It can be done in the provider's office in 10-15 minutes.</p> <p>It's covered by most insurance.</p> <p>No general anesthesia</p> <p>No change in sexual function, erections, or feeling</p> <p>Does not affect male hormones</p>	<p>Does not protect against HIV and other sexually transmitted infections (STIs)</p> <p>Sperm may be present for up to 12 weeks after the procedure. Use a backup method until a semen test shows no sperm.</p> <p>Risks include infection and bleeding.</p> <p>Post-procedure pain may occur and you may need a day or two to recover.</p> <p>If you change your mind about wanting to have children, it's hard to reverse vasectomy.</p>
<b>External Condom</b> 	82%	<p>Use a new condom each time you have sex.</p> <p>Use a non-latex condom if 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>Can be used for oral, vaginal, and anal sex</p> <p>Protects against HIV and many other STIs</p>	<p>Can decrease sensation</p> <p>Can cause loss of erection</p> <p>Can break or slip off</p>
<b>Withdrawal</b> ("pull out method")	78%	<p>Pull penis out of vagina before ejaculation (that is, before coming).</p>	<p>Costs nothing</p>	<p>Less pleasure for some</p> <p>Does not work if the penis is not pulled out in time</p> <p>Does not protect against HIV or STIs</p> <p>Must interrupt sex</p>
<b>Internal Condom</b> 	79%	<p>Use a new condom each time you have sex.</p> <p>Use extra lubrication as needed.</p>	<p>Can put in as part of sex play/foreplay</p> <p>Can be used for anal and vaginal sex</p> <p>May increase pleasure when used for vaginal sex</p> <p>Good for people with latex allergy</p> <p>Protects against HIV and other STIs</p>	<p>Can decrease sensation</p> <p>May be noisy</p> <p>May be hard to insert</p> <p>May slip out of place during sex</p> <p>Requires a prescription</p>
<b>Spermicide</b> Cream, gel, sponge, foam, inserts, film 	72%	<p>Insert spermicide each time you have sex.</p>	<p>Can buy at many stores</p> <p>Can insert as part of sex play/foreplay</p> <p>Comes in many forms: cream, gel, sponge, foam, inserts, film</p>	<p>May raise the risk of getting HIV</p> <p>May irritate vagina, penis</p> <p>Cream, gel, and foam can be messy</p>