<table>
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<th>Method</th>
<th>How to Use</th>
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<th>How well does it work?</th>
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| **External Condom** | • Use a new condom each time you have sex.  
• Use a polyurethane condom if allergic to latex. | • Can buy at many stores  
• Can put on as part of sex play/foreplay  
• Can help prevent early ejaculation  
• Can be used for oral, vaginal, and anal sex  
• Protects against HIV and many other STIs  
• Can decrease penile sensation  
• Can cause loss of erection  
• Can break or slip off  
• Does not need a prescription | 87% |
| **Internal Condom** | • Use a new condom each time you have sex.  
• Use extra lubrication as needed. | • Can put in as part of sex play/foreplay  
• Can be used for anal and vaginal sex  
• May increase vaginal/anal pleasure  
• Good for people with latex allergy  
• Protects against HIV and other STIs  
• Can decrease penile sensation  
• May be noisy  
• May be hard to insert  
• May slip out of place during sex  
• May require a prescription from your health care provider | 79% |
| **Spermicide** | • Insert spermicide each time you have sex. | • Can buy at many stores  
• Can insert as part of sex play/foreplay  
• Comes in many forms: cream, gel, sponge, foam, inserts, film  
• May raise the risk of getting HIV  
• May irritate vagina, penis  
• Cream, gel, and foam can be messy  
• Does not require a prescription | 79% |
| **Vasectomy** | • A clinician performs this procedure. It lasts for the rest of your life.  
• Vasectomy works by blocking the tubes that carry sperm from the testes. This prevents sperm from entering the semen (come).  
• After vasectomy, when the semen has no sperm, you don’t need to do anything else to prevent pregnancy. | • This method is permanent and highly effective  
• It is more effective, safer, and cheaper than tubal procedures  
• Can be done in the clinician’s office  
• No general anesthesia needed  
• Reversal is difficult  
• Risks include infection, pain, and bleeding  
• It takes up to 3 months to work  
• No change in sexual function, erections, or feeling | > 99% |
| **Withdrawal** | • Pull penis out of vagina before ejaculation (that is, before coming). | • Costs nothing  
• Less pleasure for some  
• Does not work if penis is not pulled out in time  
• Must interrupt sex  
• Does not protect against HIV or STIs | 80% |