


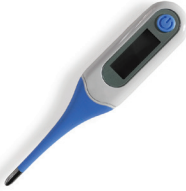




Non-Prescription Birth Control Methods

Method	How well does it work?	How to Use	Pros	Cons
<p>External Condom (Latex or Polyurethane)</p> 	82%	<p>Use a new condom each time you have sex</p> <p>After sex, pull out before penis gets soft while holding onto the condom's rim</p> <p>Use a polyurethane condom if you are 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 vaginal, oral, and anal sex</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>Internal Condom (Polyurethane)</p> 	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 be used while breastfeeding</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>The Internal Condom is only available with a prescription</p>
<p>Spermicide Cream, gel, sponge, foam, inserts, film</p> 	72%	<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 and 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 or other 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 other STIs</p>
<p>Withdrawal Pull-out</p>	78%	<p>Pull penis out of vagina before ejaculation (that is, before coming)</p>	<p>Costs nothing</p> <p>Can be used while breastfeeding</p>	<p>Less pleasure for some</p> <p>Doesn't work if penis is not pulled out in time</p> <p>Does not protect against HIV or other STIs</p> <p>Must interrupt sex</p>

Method	How well does it work?	How to Use	Pros	Cons
<p>Fertility Awareness Natural Family Planning</p> 	76%	<p>Predict fertile days by:</p> <ol style="list-style-type: none"> 1. taking temperature daily 2. checking vaginal mucus for changes; AND/OR 3. keeping a record of your periods <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: http://www.americanpregnancy.org/preventingpregnancy/fertilityawarenessNFP.html</p>	<p>Costs little</p> <p>Can be used while breastfeeding</p> <p>Can help with avoiding or trying to become pregnant</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 other STIs</p>
<p>Breastfeeding (No Periods) Lactation Amenorrhea Method (LAM)</p> 	95%	<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"> 1. You get your first period OR 2. 6 months after childbirth (whichever comes first) 	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>Emergency Contraception Pills Progestin EC (Plan B One-Step® and others) and ulipristal acetate EC (ella®)</p> 	58-94%	<p>Ulipristal acetate EC works better than progestin EC if you are overweight</p> <p>Ulipristal acetate EC works better than progestin EC in the 2-5 days after sex</p> <p>Works best the sooner you take it after unprotected sex</p> <p>You can take EC up to 5 days after unprotected sex</p> <p>If pack contains 2 pills, take both together</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>You can get some brands 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>Ulipristal acetate EC is only available with a prescription</p> <p>People under age 17 need a prescription for some brands.</p> <p>May cost a lot</p>