<table>
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<th>How to Use</th>
<th>Things to Know</th>
<th>How well does it work?</th>
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| **Breastfeeding (No Periods)** | • Nurse at least every 4 hours during the day  
  • Nurse at least every 6 hours during the night  
  • Breast/chestfeed only—no bottles, formula, or food  
  • Works only until:  
    1. You get your first period OR  
    2. 6 months after childbirth (whichever comes first) | • Costs nothing  
  • Only effective with sole use of breast/chestfeeding: can’t use formula or baby food  
  • Requires breast/chestfeeding often  
  • Does not protect against HIV or other STIs | 95% |
| **External Condom (Latex or Polyurethane)** | • Use a new condom each time you have sex  
  • After sex, pull out before penis gets soft while holding onto the condom’s rim  
  • Use a polyurethane condom if you are 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 vaginal, oral, and anal sex  
  • Protects against HIV and other STIs  
  • Can decrease penile sensation  
  • Can cause loss of erection  
  • Can break or slip off | 87% |
| **Internal Condom (Polyurethane)** | • 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 need to purchase directly from the manufacturer or get a prescription from your clinician | 79% |
| **Emergency Contraception Pills** | • Works best the sooner you take it after unprotected sex  
  • You can take EC up to 5 days after unprotected sex  
  • If pack contains 2 pills, take both together | • Available at pharmacies, health centers, or health care providers: call ahead to see if they have it  
  • People of any age can get progestin EC without a prescription  
  • May cause stomach upset or nausea  
  • Progestin EC does not interact with testosterone, but we don’t know whether Ulipristal acetate EC does or not  
  • Ulipristal acetate EC requires a prescription  
  • Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26  
  • Ulipristal acetate EC works better than progestin EC 3-5 days after sex  
  • May cost a lot | 58 - 94% |
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| **Fertility Awareness** | • Predict fertile days by: 1. taking temperature daily 2. checking vaginal mucus for changes; AND/OR 3. keeping a record of your monthly bleeding  
  • It works best if you use more than one of these methods  
  • Avoid sex or use condoms/spermicide during fertile days | • Costs little  
  • Can help with avoiding or trying to become pregnant  
  • Use a different method on fertile days  
  • This method requires a lot of effort  
  • Does not work well if your monthly bleeding is irregular  
  • Does not protect against HIV or other STIs | 85% |
| Natural Family Planning |                                                                                                                                             |                                                                                                                                     |                        |
| **Spermicide**          | • Insert spermicide each time you have sex  
  • Insert spermicide deep into vagina shortly before sex  
  • May use with condoms (to protect against HIV and STIs) | • Can buy at many stores  
  • Can be put in as a 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 protect against HIV or other STIs | 79% |
| Cream, gel, sponge, foam, inserts, film |                                                                                                                                             |                                                                                                                                     |                        |
| **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 other STIs | 80% |
| Pull-out                |                                                                                                                                             |                                                                                                                                     |                        |