







Non-Prescription Birth Control Methods

Method	How to Use	Things to Know	How well does it work?
Breastfeeding (No Periods) Lactation Amenorrhea Method (LAM) 	<ul style="list-style-type: none"> 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: <ol style="list-style-type: none"> You get your first period OR 6 months after childbirth (whichever comes first) 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> Use a new condom each time you have sex Use extra lubrication as needed 	<ul style="list-style-type: none"> 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 Progestin EC (Plan B One-Step® and others) and ulipristal acetate EC (ella®) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 Natural Family Planning 	<ul style="list-style-type: none"> Predict fertile days by: <ol style="list-style-type: none"> taking temperature daily checking vaginal mucus for changes; AND/OR 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 	<ul style="list-style-type: none"> 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%
Spermicide Cream, gel, sponge, foam, inserts, film 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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%
Withdrawal Pull-out	<ul style="list-style-type: none"> Pull penis out of vagina before ejaculation (that is, before coming) 	<ul style="list-style-type: none"> 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%