


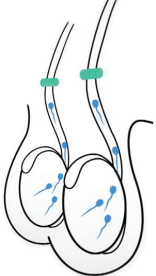


# Your Birth Control Choices if You Have a Penis

Method	How to Use	Things to Know	How well does it work?*
<b>External Condom</b> 	<ul style="list-style-type: none"> <li>• Use a new condom each time you have sex.</li> <li>• Use a polyurethane condom if allergic to latex.</li> </ul>	<ul style="list-style-type: none"> <li>• Can buy at many stores</li> <li>• Can put on as part of sex play/foreplay</li> <li>• Can help prevent early ejaculation</li> <li>• Can be used for oral, vaginal, and anal sex</li> <li>• Protects against HIV and many other STIs</li> <li>• Can decrease penile sensation</li> <li>• Can cause loss of erection</li> <li>• Can break or slip off</li> <li>• Does not need a prescription</li> </ul>	87%
<b>Internal Condom</b> 	<ul style="list-style-type: none"> <li>• Use a new condom each time you have sex.</li> <li>• Use extra lubrication as needed.</li> </ul>	<ul style="list-style-type: none"> <li>• Can put in as part of sex play/foreplay</li> <li>• Can be used for anal and vaginal sex</li> <li>• May increase vaginal/anal pleasure</li> <li>• Good for people with latex allergy</li> <li>• Protects against HIV and other STIs</li> <li>• Can decrease penile sensation</li> <li>• May be noisy</li> <li>• May be hard to insert</li> <li>• May slip out of place during sex</li> <li>• May require a prescription from your health care provider</li> </ul>	79%
<b>Spermicide</b> Cream, gel, sponge, foam, inserts, film 	<ul style="list-style-type: none"> <li>• Insert spermicide each time you have sex.</li> </ul>	<ul style="list-style-type: none"> <li>• Can buy at many stores</li> <li>• Can insert as part of sex play/foreplay</li> <li>• Comes in many forms: cream, gel, sponge, foam, inserts, film</li> <li>• May raise the risk of getting HIV</li> <li>• May irritate vagina, penis</li> <li>• Cream, gel, and foam can be messy</li> <li>• Does not require a prescription</li> </ul>	79%
<b>Sterilization: Vasectomy</b> 	<ul style="list-style-type: none"> <li>• A clinician performs this procedure. It lasts for the rest of your life.</li> <li>• A clinician blocks or cuts the tubes that carry sperm from your testicles. This prevents sperm from entering the semen (come).</li> <li>• After vasectomy, when the semen has no sperm, you don't need to do anything else to prevent pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>• This method is permanent and highly effective</li> <li>• It is more effective, safer, and cheaper than tubal procedures</li> <li>• Can be done in the clinician's office</li> <li>• No general anesthesia needed</li> <li>• Reversal is difficult</li> <li>• Risks include infection, pain, and bleeding</li> <li>• It takes up to 3 months to work</li> <li>• No change in sexual function, erections, or feeling</li> </ul>	> 99%
<b>Withdrawal</b> Pull out	<ul style="list-style-type: none"> <li>• Pull penis out of vagina before ejaculation (that is, before coming).</li> </ul>	<ul style="list-style-type: none"> <li>• Costs nothing</li> <li>• Less pleasure for some</li> <li>• Does not work if penis is not pulled out in time</li> <li>• Must interrupt sex</li> <li>• Does not protect against HIV or STIs</li> </ul>	80%

\*Typical Use