# Birth Control Choices for People Assigned Male at Birth

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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 | 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 | 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 | 79%                     |
| **Sterilization:**   | • A clinician performs this procedure. It lasts for the rest of your life.  
• A clinician blocks or cuts the tubes that carry sperm from your testicles. 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 | > 99%                    |
| **Withdrawal Pull out** | • 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 | 80%                     |

*Although we use clinical terms for body parts for clarity, we recognize and affirm that the language people use for genitals is ever-evolving, varied, and personal.

**Typical Use

***Some gender-affirming surgeries, such as Orchiectomy (removal of the testes), will impact one’s future fertility. Speak with your clinician about how your future fertility will be impacted by any treatments or procedures you are considering.