








Non-Prescription Birth Control Methods

Method	How to Use	Things to Know	How well does it work?*
<p>Breast/Chest feeding Lactation Amenorrhea Method (LAM)</p> 	<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/chestfeeding only—no bottles, formula, or food • Works only until: <ol style="list-style-type: none"> 1. You get your first period OR 2. Six months after childbirth (whichever comes first) 	<ul style="list-style-type: none"> • Effective only if breast/chestfeeding: can't use formula or baby food • Requires breast/chestfeeding often • Only works if you haven't gotten a period after giving birth • Does not protect against HIV or other STIs 	98%
<p>Condom (External) (Latex or Polyurethane)</p> 	<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 or online • 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%
<p>Condom (Internal) (Polyurethane)</p> 	<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 • Should not be used at the same time as an external condom 	79%
<p>Emergency Contraception Pills Progestin EC (Plan B One-Step® and others)</p> 	<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, online, 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 • Cost varies • Does not protect against HIV or other STIs 	58 - 94%

Method	How to Use	Things to Know	How well does it work?*
Fertility Awareness Natural Family Planning 	<ul style="list-style-type: none"> Predict fertile days by: <ol style="list-style-type: none"> taking temperature daily before getting out of bed in the morning 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 back-up 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%
Progestin-Only Pills 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> Opill is the only brand you can buy online and in stores You can become pregnant right after stopping the pills It may lower the risk of uterine lining cancer May cause hair or skin changes, and changes in sex drive Does not protect against HIV or other STIs 	93%
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 irritate vagina, penis Cream, gel, and foam can be messy Does not protect against HIV or other STIs, may raise the risk of getting HIV 	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%

*Typical Use

