


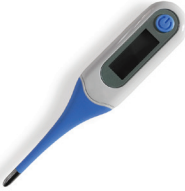




# Non-Prescription Birth Control Methods

Method	How to Use	Things to Know	How well does it work?*
<p><b>Breast/Chest feeding</b> Lactation Amenorrhea Method (LAM)</p> 	<ul style="list-style-type: none"> <li>Nurse at least every 4 hours during the day</li> <li>Nurse at least every 6 hours during the night</li> <li>Breast/chestfeeding only—no bottles, formula, or food</li> <li>Works only until:               <ol style="list-style-type: none"> <li>You get your first period</li> <li>Six months after childbirth (whichever comes first)</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>Effective only if breast/chestfeeding: can't use formula or baby food</li> <li>Requires breast/chestfeeding often</li> <li>Only works if you haven't gotten a period after giving birth</li> <li>Does not protect against HIV or other STIs</li> </ul>	98%
<p><b>Condom (External)</b> (Latex or Polyurethane)</p> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex</li> <li>After sex, pull out before penis gets soft while holding onto the condom's rim</li> <li>Use a polyurethane condom if you are allergic to latex</li> </ul>	<ul style="list-style-type: none"> <li>Can buy at many stores or online</li> <li>Can put on as part of sex play/foreplay</li> <li>Can help prevent early ejaculation</li> <li>Can be used for vaginal, oral, and anal sex</li> <li>Protects against HIV and other STIs</li> <li>Can decrease penile sensation</li> <li>Can cause loss of erection</li> <li>Can break or slip off</li> </ul>	87%
<p><b>Condom (Internal)</b> (Polyurethane)</p> 	<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 need to purchase directly from the manufacturer or get a prescription from your clinician</li> <li>Should not be used at the same time as an external condom</li> </ul>	79%
<p><b>Emergency Contraception Pills</b> Progestin EC (Plan B One-Step® and others)</p> 	<ul style="list-style-type: none"> <li>Works best the sooner you take it after unprotected sex</li> <li>You can take EC up to 5 days after unprotected sex</li> <li>If pack contains 2 pills, take both together</li> </ul>	<ul style="list-style-type: none"> <li>Available through telehealth platforms and on college campuses and other public places</li> <li>People of any age can get progestin EC without a prescription</li> <li>May cause stomach upset or nausea</li> <li>Progestin EC does not interact with testosterone</li> <li>Cost varies</li> <li>Does not protect against HIV or other STIs</li> <li>Progestin EC pills do not work as well if your BMI is over 25</li> <li>Ulipristal acetate EC pills require a prescription</li> </ul>	The sooner you take the pills, the better they work.

Method	How to Use	Things to Know	How well does it work?*
<p><b>Fertility Awareness</b> Natural Family Planning</p> 	<ul style="list-style-type: none"> <li>Predict fertile days by:               <ol style="list-style-type: none"> <li>taking temperature daily before getting out of bed in the morning</li> <li>checking vaginal mucus for changes; AND/OR</li> <li>keeping a record of your monthly bleeding</li> </ol> </li> <li>It works best if you use more than one of these methods</li> <li>Avoid sex or use condoms/spermicide during fertile days</li> </ul>	<ul style="list-style-type: none"> <li>Costs little</li> <li>Can help with avoiding or trying to become pregnant</li> <li>Use a back-up method on fertile days</li> <li>This method requires a lot of effort</li> <li>Does not work well if your monthly bleeding is irregular</li> <li>Does not protect against HIV or other STIs</li> </ul>	85%
<p><b>Progestin-Only Pills</b></p> 	<ul style="list-style-type: none"> <li>Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>Opill is the only brand you can buy online and in stores</li> <li>You can become pregnant right after stopping the pills</li> <li>It may lower the risk of uterine lining cancer</li> <li>May cause hair or skin changes, and changes in sex drive</li> <li>Does not protect against HIV or other STIs</li> </ul>	93%
<p><b>Spermicide</b> Cream, gel, sponge, foam, inserts, film</p> 	<ul style="list-style-type: none"> <li>Insert spermicide each time you have sex</li> <li>Insert spermicide deep into vagina shortly before sex</li> <li>May use with condoms (to protect against HIV and STIs)</li> </ul>	<ul style="list-style-type: none"> <li>Can buy at many stores</li> <li>Can be put in as a part of sex play/foreplay</li> <li>Comes in many forms: cream, gel, sponge, foam, inserts, film</li> <li>May irritate vagina, penis</li> <li>Cream, gel, and foam can be messy</li> <li>Does not protect against HIV or other STIs, may raise the risk of getting HIV</li> </ul>	79%
<p><b>Withdrawal</b> Pull-out</p>	<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 other STIs</li> </ul>	80%

\*Typical Use

