







Non-Prescription Birth Control Methods

Method	How to Use	Things to Know	How well does it work?
<p>Breastfeeding (No Periods) 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/chestfeed only—no bottles, formula, or food • Works only until: <ol style="list-style-type: none"> 1. You get your first period OR 2. 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%
<p>External Condom (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 • 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>Internal Condom (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 	79%
<p>Emergency Contraception Pills Progestin EC (Plan B One-Step® and others) and ulipristal acetate EC (ella®)</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, 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%

Method	How to Use	Things to Know	How well does it work?
<p>Fertility Awareness Natural Family Planning</p> 	<ul style="list-style-type: none"> • Predict fertile days by: <ol style="list-style-type: none"> 1. taking temperature daily 2. checking vaginal mucus for changes; AND/OR 3. 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%
<p>Spermicide Cream, gel, sponge, foam, inserts, film</p> 	<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%
<p>Withdrawal Pull-out</p>	<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%