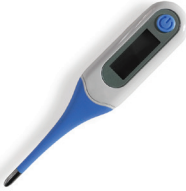


Non-Prescription Birth Control Methods

Method	How to Use	Things to Know	How well does it work?*	
Breast/Chest feeding Lactation Amenorrhea Method (LAM) 	• 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: 1. You get your first period - OR 2. Six months after childbirth (whichever comes first)	• 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 • Once you begin nursing, it starts preventing pregnancy right away • Reduces bleeding after giving birth • Does not protect against HIV or other STIs	98%	
Condom (External) (Latex or Polyurethane) 	• Put on a condom when the penis is erect • 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	• 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	• May decrease penile sensation • May break or slip off • Can add lube to the outside of the condom after it is on the penis to make sex feel even better and prevent condoms from breaking	87%
Condom (Internal) (Polyurethane) 	• Use a new condom each time you have sex • Use extra lubrication as needed • Do not use an internal condom at the same time as an external condom.	• Can put in as part of sex play/foreplay • Can be used for anal and vaginal sex • Good for people with latex allergy • Protects against HIV and other STIs • May decrease pleasure with sex. • May be noisy	• May be hard to insert • May slip out of place during sex • Can get it in stores, pharmacies, some health centers, and online. • Should not be used at the same time as an external condom	79%
Emergency Contraception Pills Progestin EC (Plan B One-Step® and others) 	• Works best the sooner you take it after unprotected sex • EC pills can work up to 5 days (120 hours) after unprotected sex • If pack contains 2 pills, take both together	• Available at pharmacies, health centers, or from your clinician • Also available through telehealth platforms and on college campuses and other public places • You can get progestin EC without a prescription, no matter how old you are. • May cause stomach upset or nausea • Progestin EC does not interact with testosterone.	• Cost varies • Does not protect against HIV or other STIs • Progestin EC pills do not work as well if your BMI is over 25 • Ulipristal acetate EC pills require a prescription • EC pills don't work to end a pregnancy. They lower your chance of getting pregnant after unprotected sex. • You may want to take a pregnancy test 2-3 weeks after you've taken the pills to make sure they worked.	The sooner you take the pills, the better they work.

Method	How to Use	Things to Know	How well does it work?*
Fertility Awareness Natural Family Planning 	- Predict fertile days by: - 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 a back-up method (like condoms) during fertile days	- 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 	Take the pill daily	- 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 - Safe to use while breast/chestfeeding - Great option for people who prefer to avoid estrogen-containing methods - May cause changes in your periods. - Does not protect against HIV or other STIs	93%
Spermicide Cream, gel, sponge, foam, inserts, film 	- Insert spermicide deep into vagina shortly before sex - Insert spermicide each time you have penis-in-vagina sex - May use with condoms (to protect against HIV and STIs)	- 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 - When used without condoms, it does not protect against HIV or other STIs, may raise the risk of getting HIV - Safe to use while breast/chestfeeding	72%
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 - Must interrupt sex - Does not protect against HIV or other STIs	80%

*Typical Use

