





Birth Control Methods - Barrier Contraceptives

	Effectiveness	Options	Frequency	Interruptions	Chance of Pregnancy After Stopping Use	Health Care Advisory	Prescription Required?	HIV/STD Protection
Male Condom 	97%	Variety of styles, sizes, colors, materials, textures	New one must be used every time you have sex	Applied when penis is erect. May cause slight interruption before sex	Without this device, there is no protection against pregnancy	Tell your health care professional that you plan to use	No	Yes
Female Condom 	95%	Only 1 type currently available	New one must be used every time you have sex	Can be inserted up to 8 hours before sex	Without this device, there is no protection against pregnancy	Tell your health care professional that you plan to use	No	STD protection comparable with male condoms, unless slips out of place or is torn
Spermicides 	94% - greater with vaginal barrier	Available in foams, jellies, creams, and vaginal suppositories	Must be used every time you have sex	Must be inserted no more than 1 hour before sex	Without this device, there is no protection against pregnancy	Tell your health care professional. May be advised to use additional contraceptive	No	No
Diaphragm VAGINAL BARRIER 	94%	Variety of sizes available	Must be used every time you have sex (and fresh spermicide must be applied each time)	Can be inserted 6 to 8 hours before sex	Without this device, there is no protection against pregnancy	Need to be fitted and must learn how to use	Yes	Does not protect against HIV (AIDS). Mild reduction in risk of some STDs
Cervical Cap VAGINAL BARRIER 	84%	Variety of sizes available	Must be used every time you have sex (and spermicide must be applied when inserted)	Provides continuous protection for up to 48 hours	Without this device, there is no protection against pregnancy	Need to be fitted and must learn how to use	Yes	No

To learn more about these methods, talk to your health care professional



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