






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

避孕方法 - 屏障避孕

	效用	選項	頻率	阻礙物	停止使用後 懷孕機會	專業醫療建議	需要處方嗎？	艾滋/性病防護
男性避孕套 	97%	有不同種類， 尺寸，顏色， 材料和質地	每次性交都 需使用新安全套	在男性勃起後 佩戴。可能在 性交前引起輕 微打擾	沒有佩戴時 便不能避孕	告知你的醫生 或護士你打算 使用	不需	會
女性避孕套 	95%	只有一種選擇	每次性交都 需使用新安全套	可在性交前 8小時佩戴	沒有佩戴時 便不能避孕	告知你的醫生 或護士你打算 使用	不需	與男性安全套相 當的性病保護， 除非滑落或撕裂
殺精劑 	94% - 配搭陰道屏障 效果更好	提供泡沫，果 凍，乳霜和陰 道栓劑	每次性交都 需使用	必須在性交 前一小時內 佩戴	沒有使用時 便不能避孕	告知你的醫生或 護士你打算使用 。可能建議加上 其他避孕措施	不需	不會
避孕隔膜 陰道屏障 	94%	有不同尺寸 選擇	每次性交都需 使用並塗上新 的殺精劑	可在性交前 6-8小時佩 戴	沒有佩戴時 便不能避孕	需要尋找適合 尺寸並認識怎 樣正確使用	需要	不能預防艾滋病 毒。輕度降低某 些性病風險
宮頸帽 陰道屏障 	84%	有不同尺寸 選擇	每次性交都需 使用並塗上新 的殺精劑	提供長達48小 時的連續保護	沒有佩戴時 便不能避孕	需要尋找適合 尺寸並認識怎 樣正確使用	需要	不會

如想認識更多避孕資訊，請向你的醫療保健專業人士諮詢！