

NON-HORMONAL BIRTH CONTROL METHODS

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CONDOMS

A thin barrier of latex, lamb-skin, or synthetic fibers that is placed over an erect penis. With correct use, condoms are 98% effective; with typical use, it's about 85% effective.



FERTILITY AWARENESS METHOD

A non-hormonal approach to birth control based on recognizing the signs of ovulation. With correct use, it's 95-99% effective; with typical use, it's about 80% effective.



CERVICAL CAP

A cervical cap is a silicon cup combined with spermicide, inserted into the vagina up to 6 hours before sex. The Cervical Cap is about 84% effective for women in their first year using this method. If you've had a baby already, this method drops down to a 68% efficacy rate.



DIAPHRAGM

A dome-shaped device made of flexible silicone that fits over your cervix. With correct use, it's 94% effective; with typical use, it's 88% effective.



SPONGE

A wide foam disc containing spermicide that covers your cervix, blocking sperm from entering. It's 88% effective if you've never given birth; it's 76% effective if you have given birth.



FEMTECH

These are digital devices that leverage mathematics for predicting fertility to help women avoid or plan for pregnancy. This non hormonal birth control is 93-98% effective. Daysy and Natural Cycles are two of the leading femtech devices.



TUBAL LIGATION

A surgical procedure in which your fallopian tubes are tied or blocked to prevent pregnancy. It's more than 99% effective.



SPERMICIDES

This is a gel that's toxic to sperm, placed in the vagina before sex. This method is about 72-80% effective.



THE WITHDRAWAL METHOD (AKA THE "PULL-OUT" METHOD)

A method in which your partner withdraws his penis during sex before he ejaculates sperm. With correct use, it's 96% effective; with typical use, it's 80% effective. (Not doctor recommended)



COPPER IUD

A hormone-free, T-shaped device that releases copper, which interferes with sperm movement and egg fertilization. It's 99% effective and lasts 7-10 years.



VASECTOMY

A minor procedure for men in which sperm is blocked from entering semen. Over 99% effective.

Contraceptive Use And Controlled Fertility Contraceptive Use And Controlled Fertility

Yana van der Meulen Rodgers



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