

## Contraception for men

Most types of contraception (birth control) are for females. There are ways men can take control of their family planning, too.

### Types of male contraception

- **Condoms**
  - Cover the penis during sex and prevent sperm from entering the vagina
  - Are 98% effective at preventing pregnancy if always used correctly, but only 87% effective if not
  - Made from latex, polyurethane, or lambskin\*
  - Use a new condom every time you have sex
  - Follow condom box instructions for storage and use
- **Vasectomy**
  - Surgery that blocks sperm from leaving your body
  - Is 99% effective at preventing pregnancy
  - Can be done under local anesthesia (you don't go to sleep) at a doctor's office
  - Has a short recovery time
  - Use a backup method of birth control after surgery until your doctor says your sperm count is zero

\* Only latex and polyurethane condoms prevent sexually transmitted infections (STIs).

### Questions to ask yourself

1. Do my partner and I have a plan if the condom breaks?
2. Do I know whether my partner or I have an STI?
3. Can I plan to use a condom every time?
4. Do I want to have children in the future?

### Questions to ask your doctor

1. How often should I be tested for STIs?
2. Can I be tested for a latex allergy?
3. What if I'm allergic to spermicide?
4. How will I feel after I get a vasectomy?
5. Could my vasectomy be reversed if I change my mind?

Have questions? Call your doctor or talk with a nurse 24 hours a day, seven days a week, on the 24/7 NurseLine at 844-396-2329 (TTY 711).

For more helpful information on family planning, visit these resources:

- U.S. Department of Health and Human Services (HHS) Office on Women's Health: *Birth control methods* (2019): [womenshealth.gov](http://womenshealth.gov).
- Medline Plus: *Birth Control* (2017): [medlineplus.gov](http://medlineplus.gov).
- Eunice Kennedy Shriver National Institute of Child Health and Human Development: *Contraception and Birth Control* (2017): [nichd.nih.gov](http://nichd.nih.gov).
- HHS Office of Population Affairs: *Adolescent Health* (2020): [opa.hhs.gov](http://opa.hhs.gov).

Sources:

Centers for Disease Control and Prevention website, *Contraception* (accessed August 2018): <https://www.cdc.gov/reproductivehealth/contraception/index.htm>.

NICHD: *What are the different types of contraception?* (accessed August 2018): [nichd.nih.gov](http://nichd.nih.gov).

World Health Organization Department of Reproductive Health and Research (WHO/RHR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project: *Family Planning: A Global Handbook for Providers (2018 update)*: <http://apps.who.int/iris/bitstream/10665/260156/1/9780999203705-eng.pdf>.

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