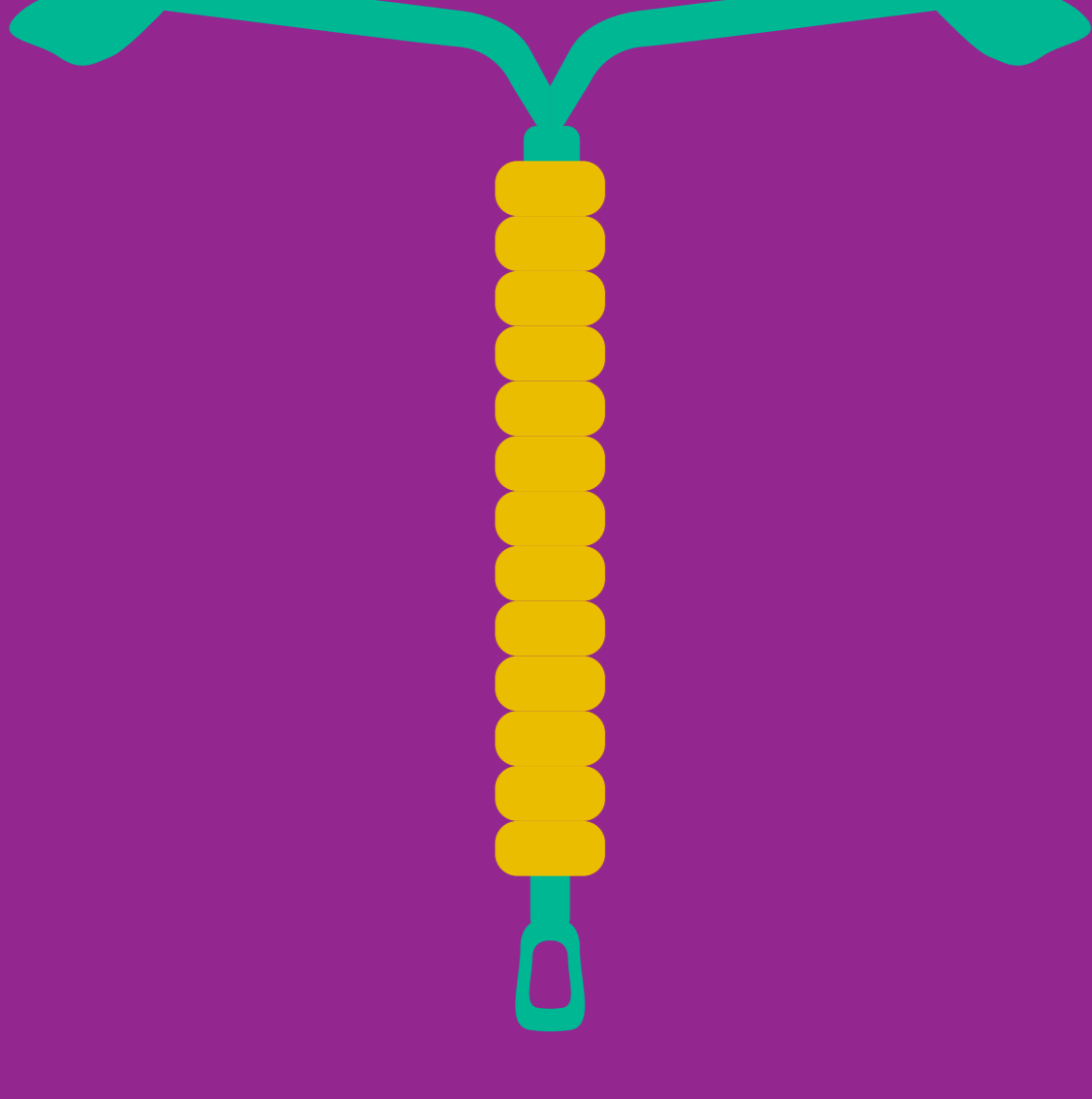


# BARRIER & NON-HORMONAL OPTIONS



## COPPER IUD

### PROS

- Long lasting (can be left in for up to 5 years)
- No routine required
- No hormones
- Does not interfere with sex

### CONS

- May increase menstrual bleeding or cramping
- Insertion may be painful or uncomfortable
- Must be inserted by a medical professional
- Does not protect against STIs
- May be expensive without health insurance coverage

### WHAT

Intrauterine device with a copper wire around it that gets professionally inserted into the uterus.

### HOW

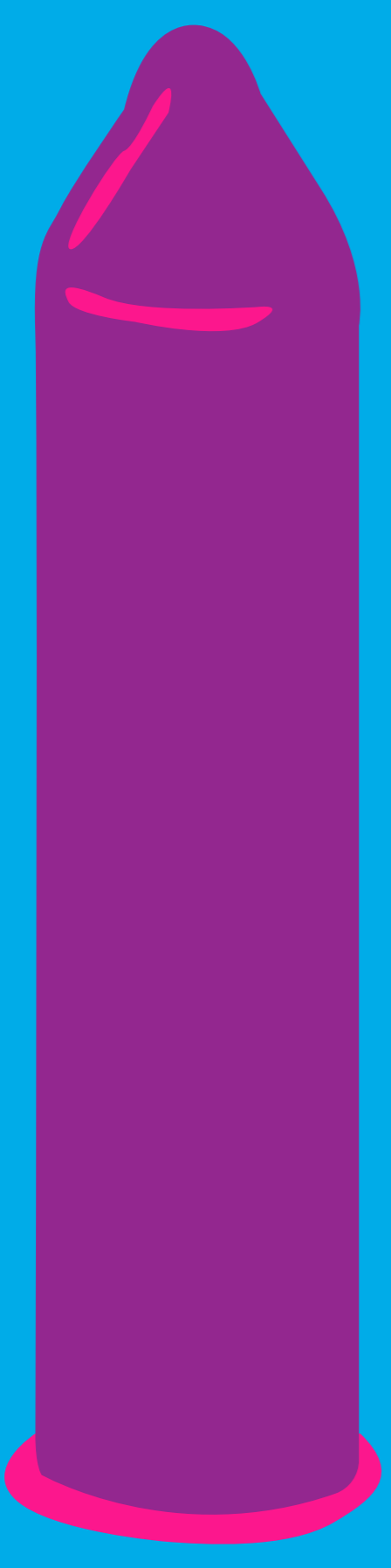
Copper changes the chemistry of the uterus. Also, this foreign object in the uterus makes it hard for sperm to fertilize an egg, the walls of the uterus to thicken, and an egg to implant in the walls of the uterus.

\$\$\$

\$80-160, but can vary widely, depending on the brand and your health insurance coverage.



**99.1%** effective.



## EXTERNAL CONDOM

### PROS

- Inexpensive
- Protects against STIs
- Easily available without a prescription
- No hormones
- May be used with another method to increase contraceptive effectiveness (ex. hormonal method + condom)
- Comes in a variety of shapes, sizes, textures, flavours, and colours
- Can be used for oral, vaginal, and anal sex

### CONS

- Must be stored and worn properly
- May slip or break during intercourse
- May reduce sensitivity of either or both partners

### WHAT

Latex or non-latex barrier worn over the erect penis during sexual intercourse.

### HOW

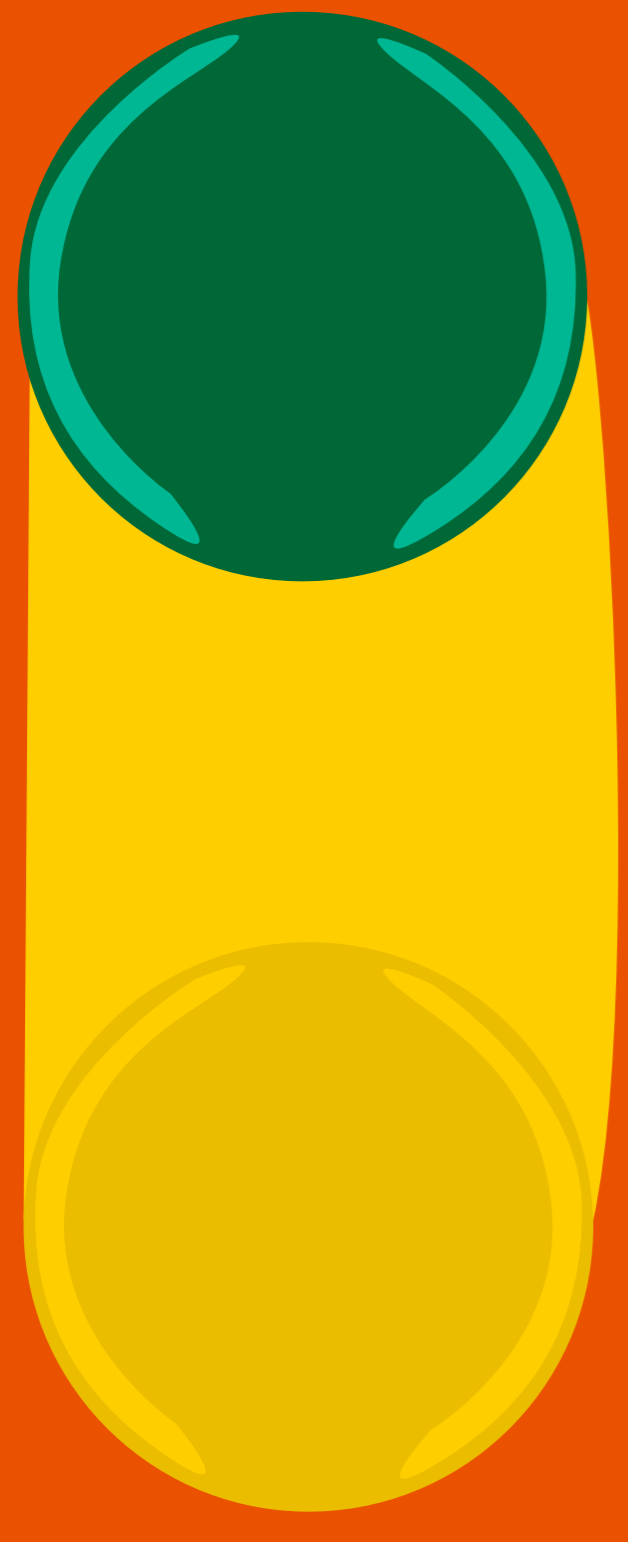
Barrier keeps sperm contained, so it does not enter into your partner. Also can prevent some STIs being transmitted by keeping them contained in the condom.

\$\$\$

Pick one or two up for free at the UBC Wellness Centre or AMS Sexual Assault Support Centre; or purchase for \$0.50 to \$1.00 each (about \$12 for a pack) at any pharmacy or at cost at the Wellness Centre (\$0.25 to \$1.00 each).



**85%** effective with typical use.



## INTERNAL CONDOM

### PROS

- Non-latex
- No hormones
- Protects against some STIs
- Can be inserted prior to intercourse

### CONS

- May reduce sensitivity of either or both partners
- Requires proper insertion
- More expensive than external condoms

### WHAT

Soft nitrile sheath inserted into the vagina prior to intercourse.

### HOW

Lines the vagina completely to prevent direct contact between the penis, sperm, and the vagina.

\$\$\$

\$2 each at the Wellness Centre; also available at pharmacies.



**79%** effective with typical use.

Come by the Wellness Centre to get external and internal condoms. We can also answer any questions you may have about contraceptives or sexual health.