### Barrier & Non-Hormonal Options

#### Copper IUD

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

**Cons**
- May increase menstrual bleeding or cramping (transformation 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 HOW** $$$$ **99.1% effective**

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

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.

#### External 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 HOW** $$$ **79% effective with typical use**

Soft nitrile sheath inserted into the vagina prior to intercourse.

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.

#### 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 HOW** $$$ **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.