

Contraception for men

Most types of contraception (birth control) are for female users. But there are ways that men can take control of their family planning.

Types of male contraception

- **Condoms** cover the penis during sex and prevent sperm from entering the vagina. They can be made out of latex, polyurethane or lambskin. Only latex and polyurethane condoms prevent sexually transmitted infections (STIs). Use a new condom every time you have sex and follow the instructions on the box for storage and use. Condoms are 98% effective at preventing pregnancy if you always use them correctly, but only 87% effective if you don't. You can get condoms without a prescription.
- **A vasectomy** is a type of surgery that blocks sperm from leaving your body. It can be done under local anesthesia (you don't go to sleep) at a doctor's office and it has a short recovery time. After a vasectomy, you use a backup method of birth control until your doctor says your sperm count is zero. Vasectomies are 99% effective at preventing pregnancy.

Questions to ask yourself

1. Do my partner and I have a plan if the condom breaks?
2. Do I know whether I have a STI? Do I know whether my partner does?
3. Can I make a 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? What if I'm allergic to spermicide?
3. How will I feel after I get a vasectomy?
4. Could my vasectomy be reversed if I change my mind?

For more helpful information on family planning:

- [Office on Women's Health](#)
- [Medline Plus](#)
- [National Institutes of Health](#)
- [Office of Adolescent Health](#)

For members who don't speak English, or are deaf or hard of hearing, we offer free oral interpretation services for all languages as well as auxiliary aids to assist you. To get these services, call 1-800-600-4441 (TTY 711) Monday through Friday from 8 a.m. to 5 p.m. Pacific time.

To speak to a nurse or doctor 24 hours a day, 7 days a week, call the 24-hour Nurse Helpline at 1-866-864-2544 (TTY 711) for English or 1-866-864-2545 (TTY 711) for Spanish.

Sources:

Centers for Disease Control and Prevention

Contraception

<https://www.cdc.gov/reproductivehealth/contraception/index.htm>, accessed August 14, 2018

World Health Organization

Family Planning

<http://www.who.int/reproductivehealth/publications/fp-global-handbook/en/>, accessed August 14, 2018

National Institutes of Health

What are the different types of contraception?

<https://www.nichd.nih.gov/health/topics/contraception/conditioninfo/types>, accessed August 14, 2018