

Natural Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.



	FERTILITY AWARENESS METHODS:				
	WITHDRAWAL METHOD	STANDARD DAYS METHOD®	TWODAY METHOD®	OVULATION METHOD	SYMPTOTHERMAL METHOD
How is it used?	During sex, the penis is removed from your vagina and away from your genitals before ejaculation	You monitor the days of your menstrual cycle. You avoid sex on days 8 through 19 of your cycle.	You monitor your cervical secretions. You avoid sex on days you notice secretions and for one day after.	You monitor your cervical secretions. You use a set of rules to know what days to avoid sex.	You monitor your cervical secretions and your body temperature. You use a set of rules to know what days to avoid sex.
How often?	Every time you have sex	Every day	Every day (checking your secretions two or more times a day)	Every day	Every day
How does it work?	Prevents sperm from reaching an egg	Prevents sperm from reaching an egg when there is a higher chance of pregnancy	Prevents sperm from reaching an egg when there is a higher chance of pregnancy	Prevents sperm from reaching an egg when there is a higher chance of pregnancy	Prevents sperm from reaching an egg when there is a higher chance of pregnancy
When does it start working?	Immediately	You can start monitoring the days of your menstrual cycle anytime. It may take time before it is a 'safe day' to have sex.	You can start monitoring your cervical secretions anytime. It may take time before it is a 'safe day' to have sex.	You can start monitoring your cervical secretions anytime. It may take time before it is a 'safe day' to have sex.	You can start monitoring your cervical secretions and your body temperature anytime. It may take time before it is a 'safe day' to have sex.
How many people become pregnant in the first year?					
Not always following the instructions:	22 in 100 people ●●●○○○○○○○	24 in 100 people ●●●○○○○○○○	24 in 100 people ●●●○○○○○○○	24 in 100 people ●●●○○○○○○○	24 in 100 people ●●●○○○○○○○
Always following the instructions:	4 in 100 people ●○○○○○○○○○	5 in 100 people ●○○○○○○○○○	4 in 100 people ●○○○○○○○○○	3 in 100 people ●○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○
Are there side effects?	No	No	No	No	No
Does it protect against sexually transmitted infections (STIs)?	No	No	No	No	No

Note. The Lactational Amenorrhea Method is another natural birth control method that may be used by some people who are breastfeeding. Your health care provider can tell you about this method.

This decision aid is for use only during a visit with your health care provider. It is not intended to give you medical advice or recommend a birth control method. For more information, including authors, information sources, and terms of use, see www.rightforme.org/decision

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