

## Contraceptive Birth Control Methods for Men and Women

Many couples who do not wish baby look for contraceptive methods to prevent pregnancy. In this article we will discuss some popular birth control methods.

Condoms are the most widely used birth control device throughout the world. A condom is a thin rubber sheath which unrolls to fits over a man erect penis. It can be used during sexual intercourse between a man and woman to help prevent the woman from becoming pregnant and lower the risk of STDs. It is also useful in early ejaculation because it usually slows up the orgasm. A condom must be put on before the penis touches the vaginal area. It should only be used once. After it has been used it should be wrapped in a tissue and put in a dustbin. They are distributed free of cost at family planning centers.

Diaphragm is a method of contraception for women. It is a thin shallow rubber dome with a flexible rim that fits within the vagina and covers the cervix so sperm cannot reach the uterus. It covers the cervix and works as a barrier stopping sperm from getting into the uterus and fertilizing an ovum.

The woman puts the diaphragm in her vagina before having sexual intercourse. When it is in the right place, neither the man nor the woman can feel it.

To prevent pregnancy, diaphragm is smeared with spermicidal before putting it in. After intercourse it should remain there at least for six hours. She can then it out, dry it and puts it away until she needs to use it again. A physician or a trained nurse can help you to find the diaphragm of correct size and can fit it properly. It can be inserted some hours before coitus. It should not be left in place for more than 24 hours, neither it should be removed at least six hours after coitus. It does not suit all women.

Intrauterine Device (IUD) is a type of contraceptive device that is inserted and left inside the uterus to prevent pregnancy. It is a plastic or metal device placed in the uterus and stay there for a few years. They come in many shapes: Rings, Bow, T and X. Each shape has its pros and cons.

This device reduces the chance of the zygote implanting itself in the uterus wall and make intrauterine environment more hostile to sperm because foreign object in the uterus prevent conception. It is easy to insert into the uterus, is cheap and does not interfere with body chemistry and can be left in place for long periods and forgotten except for the occasional check. It is also easy to remove if pregnancy is desired. For some women it is not appropriate because it causes heavier than usual menstrual bleedings, occasional cramps and in a few cases interferes with sexual activity.

There are many more contraceptive methods but the widely used and popular methods are discussed above. Hope the information mentioned here will help you in deciding the most suitable birth control method for you.

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### About the Author

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