

# Male Birth Control

**Slide 1:** Hello, my name is Dr. Jasmine Patel from the University of California Irvine and on behalf of ReproNet, today we will be talking about male birth control.

**Slide 2:** Special thanks to ReproNet and the Patient-Centered Outcomes Research Institute.

**Slide 3:** ReproNet was founded in 2019 to enhance the experiences of sexual and reproductive health for refugees.

**Slide 4:** In terms of male birth control, today we will be talking about male condoms, withdrawal, and vasectomy.

**Slide 5:** Let's start with male condoms.

**Slide 6:** The condom prevents pregnancy by blocking the passage of sperm; it also prevents infections by covering the penis. In order to work, this physical barrier must be used correctly every time intercourse occurs and for the entire duration.

**Slide 7:** When people use condoms correctly and consistently, their risk of pregnancy is 2% in the first year. Given that people do not use condoms correctly or with every act, real world use reflects a pregnancy rate of 13% in the first year. This large difference in risk of pregnancy is due to only using condoms sometimes rather than all the time.

**Slide 8:** There are many different sizes available, so if the ones in the drugstore do not fit correctly, myOne condom offers a total of 60 sizes of different lengths and widths. The website has instructions on how users can measure and order their correct size to increase fit and comfort of the male condom.

**Slide 9:** There are also many different materials male condoms can be made of such as latex, natural membrane or synthetic. Latex is the most popular and can be used with only water and silicone based lubricants. They also protect against infections. Natural condoms can be used with any lubricant but do not protect against infection. Synthetic condoms are more expensive, but they are very good for those that are latex allergic and also can be used with any lubricant and can have assumed protection against sexually transmitted infection.

**Slide 10:** A condom must be used every time and placed correctly. The tip must be pinched before rolling it down to the base of the penis. It should be removed while the penis is still erect and then checked for holes. Do not open the wrapper with your teeth. Do not use two condoms at a time. Only store in a wallet for 1 month and keep in a cool place as heat and sunlight can compromise its efficacy.

**Slide 11:** Next, let's talk about withdrawal or pulling out.

**Slide 12:** Withdrawal for birth control is removing the penis from the vagina before ejaculation to prevent pregnancy. Withdrawal doesn't allow the sperm and egg to meet to cause pregnancy.

**Slide 13:** If withdrawal is done every time before any ejaculation, the chance of pregnancy is 4%. However, it can be difficult to predict ejaculation all the time so the chance of pregnancy with withdrawing too late some of the time is 20%.

**Slide 14:** In order to perform withdrawal correctly, the man must remove his penis from the vagina when the sensation to ejaculate occurs. The earlier the better to avoid withdrawing too late.

The semen must be directed away from the vagina. This may be hard to do under the influence of drugs or alcohol. It is recommended to urinate in between acts of intercourse and tell your partner if you may have withdrawn too late so that she may seek emergency contraception.

**Slide 15:** The last male birth control to discuss is vasectomy and this is a permanent method of birth control.

**Slide 16:** Vasectomy is a permanent procedure where the tubes in the scrotum that bring sperm from the testicles to the penis are cut. This prevents sperm from being present in semen, but other fluids are still present and male hormones still produce and spread throughout the body.

**Slide 17:** Vasectomy is a very effective method with a 0.05% chance of pregnancy after confirming no sperm in a semen test done 3 months after the procedure. Without this test, the chance of pregnancy is still 0.15%.

**Slide 18:** The procedure can be done in the office and is very quick lasting 15-30 minutes. A local anesthetic is used to numb the area. A semen test must be done in 2-4 months after to confirm the procedure worked and another form of birth control must be used in the meantime, as it is not immediately effective. This is a great option for men who no longer want any more children as it only needs to be done once.

**Slide 19:** That is everything we have for you today on male birth control. Please send any questions or comments to Dr. Thiel. Here are some websites where you can learn more about our group and services. Thank you for listening!

## **Suggested Citation:**

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