

Non-hormonal methods of contraception

There are several methods of non-hormonal contraception, which have different rates of reliability. They do not interfere with the menstrual cycle.

1. **Barrier methods.**
2. **Natural methods (fertility awareness).**
3. **Intrauterine contraceptive devices (IUD/copper coil).**

Additional advice and information as well as useful addresses are available at sexual health and family planning services.

1) Barrier methods

The male condom and the female condom

Condoms prevent sperm from entering the vagina. They also protect against HIV and other sexually transmitted infections (STIs).

A male condom is unrolled onto the erect penis.

[Further information](#)

A female condom is a sheath made of soft, synthetic material that is inserted into the vagina.

[Further information](#)

The diaphragm

The diaphragm is a circular dome made of rubber or silicone with a flexible rim. It covers the neck of the uterus (cervix) and prevents sperm from entering the uterus (womb). The diaphragm should be used with a gel or spermicidal cream.

[Further information](#)

2) Natural methods (fertility awareness) for women

These methods are based on observation of the menstrual cycle and the signs and symptoms that mark the fertile and infertile days of a woman's cycle. It is important that you are taught by a qualified fertility awareness trainer and that you regularly record your observations.

To ensure that these methods are effective, it is important to observe the following: your body temperature; changes in your cervical mucus; changes to your cervix; and the different physical signs observed throughout the menstrual cycle. There are specialised apps and websites that can help you to record your observations.

You must use a condom or a diaphragm during the fertile days of your menstrual cycle.

Natural methods can also be used when you are trying to become pregnant.

3) Intrauterine contraceptive devices (copper coil/IUD)

The copper IUD is a small, flexible plastic device surrounded by a thin copper wire. It is inserted into the uterus by a doctor.

The copper IUD provides contraception through the effect of the copper on the sperm and on the lining of the uterus.

[Further information](#)

Good to know

- There are non-hormonal methods of contraception that can be used after childbirth.
[Link to more information](#)
- Some methods, such as calendar-based calculation of your fertile days; coitus interruptus (the withdrawal method or 'being careful'); vaginal douching; or the use of spermicides (vaginal pessaries, gels, etc.) do not provide effective protection against pregnancy.
- The safer sex rules effectively protect you from HIV and reduce the risk of other sexually transmitted infections:
 1. Always use a condom, male or female, for penetrative sex (vaginal or anal sex).
 2. For more personal sexual advice, do the safer sex check on www.lovelife.ch.

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English : <https://sexandfacts.ch/en/contraception/non-hormonal-methods-of-contraception>