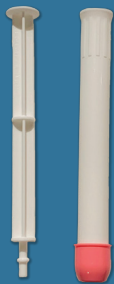


Remember, spermicide **does not protect you from Sexually Transmitted Infections or HIV.**

Always use condoms to protect yourself!



HOW DOES ACIDIFYING GEL AND SPERMICIDE WORK?

- Acidifying gel works by lowering the pH in your vagina. This makes it hard for sperm to move.
- Spermicide kills sperm. It comes in many forms: gel, cream, foam, film, and suppository (vaginal pill).
- If sperm cannot reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. Acidifying gel is 86% effective. You can use acidifying gel alone. Using condoms with acidifying gel protects better against pregnancy. But do not use acidifying gel with a contraceptive ring.
- Spermicide is 72% effective. You can use spermicide alone. Adding condoms to spermicide protects better against pregnancy.

HOW DO I USE ACIDIFYING GEL AND SPERMICIDE?

- Acidifying Gel:
 - Before you have sex: (1) lie down or squat and (2) gently insert the gel deep into your vagina with an applicator, much like a tampon.
 - Insert the full contents of 1 pre-filled applicator.
 - Insert acidifying gel before or up to 1 hour before penis-in-vaginal sex.
 - There is no need to wait to have sex. Acidifying gel works immediately and lasts up to 1 hour. It provides pregnancy protection for 1 act of penis-in-vagina sex.
 - Each time you have penis-in-vagina sex, insert more acidifying gel.
- Spermicide:
 - There are many forms of spermicide. You should follow the guide that comes with the form you are using.
 - Before you have sex: (1) lie down or squat and (2) gently insert the spermicide deep into your vagina with your fingers or an applicator.
 - After you insert some types of spermicide, you must wait 10 minutes before sex.
 - Insert spermicide less than 30 minutes before sex.
 - Each time you have sex, insert more spermicide.

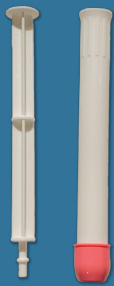
WHAT IF I STOPPED USING ACIDIFYING GEL OR SPERMICIDE AND HAD UNPROTECTED SEX?

- To prevent pregnancy, take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

continued on the other side →

Vaginal Methods - Acidifying Gel & Spermicide

Remember, spermicide **does not protect you from Sexually Transmitted Infections or HIV.** Always use condoms to protect yourself!



HOW DOES ACIDIFYING GEL AND SPERMICIDE HELP ME?

	ACIDIFYING GEL	SPERMICIDE
It is easy to carry. You can put it in your pocket or purse.	X	X
You can insert it as part of sex play/foreplay.	X	X
It has no hormones.	X	X
You only need to use it when you have penis-in-vagina sex.	X	X
You can use it anytime during your monthly period and after an abortion, early pregnancy loss, or childbirth as soon as your clinician says it's safe to have penis-in-vagina sex.	X	
Does not increase risk of STIs. Unlike spermicide, acidifying gel does not have nonoxynol-9 in it. So it does not increase your risk of STIs like spermicide can.	X	
It can be used while lactating.		X

HOW WILL I FEEL USING ACIDIFYING GEL OR SPERMICIDE?

- Some people using acidifying gel may have burning, itching, irritation, or discomfort in the vagina, yeast infections, urinary tract infections, bacterial vaginosis, and/or vaginal discharge.
- Some people using spermicide feel soreness in their vagina or penis. If you have this problem, try switching brands of spermicide.

DO THESE METHODS HAVE RISKS?

- Do not use acidifying gel if you have had a lot of urinary tract infections or other urinary tract problems.
- Most spermicides contain a chemical (nonoxynol-9) that can raise the risk of getting HIV.
- If you have any of these symptoms, call your clinician:
 - Allergic reactions
 - Burning with urination
 - Itching or soreness around vagina