

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

Always use condoms to protect yourself!



HOW DOES SPERMICIDE WORK?

- Spermicide kills sperm. It comes in many forms: gel, cream, foam, film, and suppository. If the sperm cannot reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. Spermicide is 72% effective. You can use spermicide alone. Adding condoms to spermicide protects better against pregnancy.

HOW DO I USE 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 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.

HOW DOES SPERMICIDE HELP ME?

- It is easy to get and easy to carry. You can put it in your pocket or purse.
- You can insert it as part of sex play.
- It has no hormones.
- It can be used during breastfeeding.

HOW WILL I FEEL USING SPERMICIDE?

- Some people using spermicide feel soreness in their vagina or penis. If you have this problem, try switching brands of spermicide.

DOES SPERMICIDE HAVE RISKS?

- Most spermicides contain a chemical (nonoxynol-9) that can raise the risk of getting HIV if you use it often.
- If you have any of these symptoms, call your clinician:
 - Burning with urination
 - Itching or soreness around your vagina

