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. If you use spermicide correctly each time you have sex, it is 88% effective. If you use spermicide incorrectly, it is 72% effective. You can use spermicide alone. You can also use it with condoms – this adds extra protection 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?
• 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 health care provider:
  - Burning with urination
  - Itching or soreness around your vagina