

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.

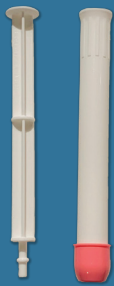
WHAT IF I STOPPED USING ACIDIFYING GEL OR SPERMICIDE AND HAD UNPROTECTED SEX?

- 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.

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Vaginal Methods - Acidifying Gel & Spermicide

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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