

Flathead Family Planning
1035 1st Avenue West, Kalispell MT 59901
751-8150

Information for Spermicide

(Gel, Film, Cream, Suppositories, or Foam)

It is always essential that there is no contact between vagina and penis before contraceptive precautions have been taken. This is important because the penis can introduce sperm into the vagina before ejaculation.

SPERMICIDE:

1. Insert a new application of spermicide every time you have intercourse.
2. Spermicide is available in a contraceptive gel, foam, film, cream or suppositories.
3. Wash hands with soap and water before inserting spermicide, and follow directions in the spermicide package you choose.
4. Spermicide is only effective for the amount of time listed in the directions.
5. Douching is never recommended as it increases the risk of pelvic infections and decreases the effectiveness of the spermicide.
7. If you are having problems with vaginal irritation or recurrent bladder or yeast infection, talk with your provider.
8. Spermicide does not reduce the risk of sexually transmitted infection. Use condoms for this purpose.
9. Store spermicide in a convenient location that is clean, cool and dark.
10. Spermicides are considered to be among the least effective of all modern methods of family planning. About 21 in 100 women may become pregnant while using spermicide.

THE USE OF A SPERMICIDE AND CONDOMS TOGETHER IMPROVES THE EFFECTIVENESS OF BOTH IN PREVENTING PREGNANCY AND INFECTIONS.