

USE EVERY TIME



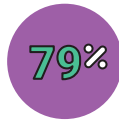
NON-HORMONAL

# SPERMICIDE



## HOW DO I USE IT?

Spermicide is a substance inserted into the vagina as a foam, gel, cream, film, or suppository at least 10 minutes before sex. It works for up to an hour.



## HOW EFFECTIVE IS IT?

Spermicide is 79% effective at preventing pregnancy. It is more effective when combined with other methods like Condoms, Cervical Caps, Diaphragms, and the Pull-Out method.



## WHAT I MIGHT LIKE...

- + You can get it at most convenience stores and pharmacies
- + You don't need a prescription to get it
- + You can start and stop using this method on your own



## WHAT I MIGHT DISLIKE...

- You have to use it every time you have sex
- You might experience an allergic reaction, bladder infection, or irritation
- You won't be protected from STIs, and you may be at an increased risk of getting STIs such as HIV



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