



NORTH DAKOTA DEPARTMENT OF HEALTH
Family Planning Program

INFORMATION FOR SPERMICIDE

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

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 and vaginal sponge.
3. Wash hands with soap and water before inserting spermicide and follow directions in the spermicide package you choose.
4. Some spermicides require 10-15 minutes to activate before being effective. Spermicide is only effective for the amount of time listed in the directions.
5. Douching is never recommended as it decreases the effectiveness of the spermicide and may increase the risk of pelvic infections.
6. If you are having problems with vaginal irritation or recurrent bladder or yeast infection, talk with your provider.
7. Spermicide does not reduce the risk of sexually transmitted infection. Use condoms for this purpose.
8. Store spermicide in a convenient location that is clean, cool and dark.

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