



NORTH DAKOTA DEPARTMENT OF HEALTH
Family Planning Program

INSTRUCTIONS 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.

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