

Patient Information for Informed Consent:

USE OF A
VAGINAL SPERMICIDE AND CONDOMS FOR PREGNANCY PREVENTION

Before you use a vaginal spermicide or a condom, be sure you understand the benefits and possible problems that can happen with both. *This fact sheet also lists the danger signs you should watch for.* If you have any questions, we will be happy to talk about them with you.

You may get written information on the use, effectiveness, and medically recognized benefits and risks of the available birth control methods and devices. You should read it and ask questions about anything you do not understand.

When a vaginal spermicide and condoms are used together correctly (and used every time you have sex), greater protection is possible. Of 100 women using vaginal spermicide alone, about 20 may become pregnant during the first year of use. Of 100 couples relying on condoms with spermicide, about 10 pregnancies may occur during the first year of use.

Spermicide and condoms are not recommended for women and men who:

- have allergies to spermicides or to latex rubber;
- for any reason, will not use the method correctly every time at the time of intercourse;
- who are uncomfortable touching their genitals; and for men who cannot maintain an erection with a condom in place.

Doing the following will help increase effectiveness of the method:

- using the method every time you have sex;
- always using a vaginal spermicide and the condom together;
- placing the condom over the erect penis before it goes in or near the vagina;
- leaving a ½ inch space at the end of the condom to catch the sperm and to lessen the chance of the condom breaking;
- when removing the penis from the vagina (after climax, but before losing the erection), holding the rim of the condom to make sure it doesn't slip off;
- using each condom only once;
- reading and following the instructions that come with each product (each product or brand may have different directions);
- inserting more spermicide if more than ½ hour passes before intercourse;
- using additional spermicide and a new condom each time you have sex.

In addition to contraceptive effectiveness, other advantages are:

- vaginal spermicides and condoms can be purchased by men or women of any age without prescription;
- latex condoms offer some amount of protection against certain sexually transmitted infections. If you or your partner have other sexual partners, you should always use latex condoms to help prevent sexually transmitted infections.

A small number of people are allergic to the ingredients in spermicides or to the latex used to make condoms.

Signs of allergy may include:

- itching, burning or swelling of the areas touched by the condom or spermicide;
- a rash or redness;
- in very rare cases, a severe overall body reaction can occur with an allergy to latex.

If you think you may have an allergic reaction to condoms or spermicide seek care with your clinician or go to the emergency room.

Regular physical examinations for routine health care and for screening for sexually transmitted infections and cancer are strongly recommended.