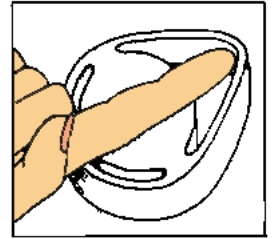


## *The Sponge - Protectaid*

### *What Is The Sponge?*

The Protectaid Sponge is a piece of soft foam filled with three kinds of spermicides (chemicals that kill sperm). It covers the cervix (opening to the uterus) and helps to prevent the sperm from entering. It has two slots which make it easy to put in and take out.



### *Does It Work?*

- In a year, 9 to 20 women out of 100 will get pregnant using the sponge.
- If you have ever had a baby, your chance of getting pregnant is higher. In a year, up to 40 out of 100 women will get pregnant.

### *How Is It Used?*

- Insert the sponge up to 6 hours before you have sex and leave it in place six hours after sex.
- Do not leave it in longer than 12 hours, to prevent irritation and lessen the small chance of Toxic Shock Syndrome.

### *What Are The Advantages?*

- The sponge is easy to use, disposable, and you can put it in several hours before you have sex.
- You can have sex more than once during this time as long as you leave the sponge in place for 6 hours after. The spermicide kills sperm and may give some protection against sexually transmitted infections (STIs).
- Anyone can buy it at a drug store.
- It is inexpensive.
- It is an option for women who cannot use a birth control method with hormones.

### *Things To Think About:*

- The sponge does not protect you against pregnancy as well as other methods.
- It is more effective if you use it with another method. It may cause some vaginal irritation like itching or swelling.
- Some women do not feel comfortable touching their vagina to insert or remove the sponge.

**Frequent use of nonoxynol-9, an ingredient used in the sponge, can cause vaginal irritation. This may increase the risk of HIV (the virus that causes AIDS) and other sexually transmitted infections (STIs).**

## ***Sexual Decision Making***

- You have the right to choose to have sexual intercourse or not.
- If you choose to have sex be sure to protect yourself from pregnancy and STIs.
- Talk to your partner about these choices before you have sex!

### ***Directions For Use:***

1. Lie down, squat, or raise one leg on a chair.
2. Remove a sponge from its package and make sure that it is wet with spermicide.
3. Insert your finger into one of the slots on the sponge and push the sponge up against the cervix with your fingers. Make sure that you can feel your cervix through the sponge (feels like the tip of your nose).
4. To remove the sponge, put your finger in one of the slots on the sponge and pull it out.
5. The sponge is not reuseable. It should be thrown in the garbage.

### ***For More Information Call:***

**Sexual and Reproductive Health** **944-7115**

#### **Family Planning Clinics**

- **Downtown** **323-7th Ave SE** **944-7111**
- **South** **31 Sunpark Plaza SE** **943-9510**
- **Sunridge** **406, 2675-36 Street NE** **944-7666**