



Vaginal Contraceptive Film (VCF[®])

What Is VCF?

VCF is a very thin square of material that dissolves quickly and releases its active ingredient non-oxynol-9, a spermicide that kills sperm on contact.

Does It Work?

- In a year, 18 to 28 out of every 100 women will get pregnant while using this method.
- It is more effective in women over 45 years of age.

How Is It Used?

- Insert the film not less than 15 minutes and not more than one hour before intercourse.
- VCF is effective for one hour after insertion. One film should be used for each act of intercourse.

What Are The Advantages?

- Anyone can buy it at a drug store.
- Neither partner can feel it.
- There is nothing to remove since the film dissolves.
- Many women who use it like it because it is small, easy to carry, and easy to use.
- It is an option for women who cannot use a birth control method with hormones.

Things To Think About:

- VCF is more effective in preventing pregnancy if you use it with another method.
- Because it contains a high amount of non-oxynol-9 it may cause vaginal irritation.
- Some women are not comfortable touching their vagina to insert the VCF.

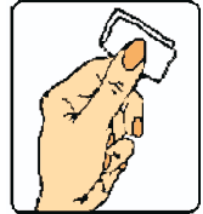
Nonoxynol-9 is an ingredient in VCF that helps protect against some sexually transmitted diseases (STDs) but may cause skin irritation/itchiness. This may increase the risk for HIV infection that causes AIDS.

Sexual Decision Making

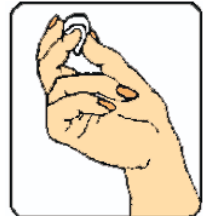
- You have the right to choose to have sexual intercourse or not.
- If you choose to have sex be sure to protect yourself from pregnancy and STDs. **Remember: VCF does not protect you well from STDs. To lower your risk - use a condom every time you have sex.**
- Talk to your partner about these choices before you have sex!

Directions For Use:

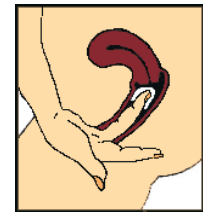
1. Check the expiry date and remove the square of film from the envelope and fold it in half.



2. Make sure your fingers are dry, place on your second or third finger.



3. Place the film high in the vagina against the cervix (feels like the tip of your nose).



For More Information Call:

Sexual and Reproductive Health

781-8250

Family Planning Clinics

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|------------|------------------------|----------|
| ● Downtown | 323-7th Ave SE | 264-3454 |
| ● South | 202-240 Midpark Way SE | 943-9510 |
| ● Sunridge | 406, 2675-36 Street NE | 250-8053 |