



**YOUR
HEALTH.
YOUR
CHOICE.**

Vaginal Contraceptive Film

Talk to your partner about birth control before you have sex. You can use latex condoms to lower your chances of getting sexually transmitted infections (STIs) and prevent an unwanted pregnancy.

What is Vaginal Contraceptive Film (VCF)?

VCF is a form of birth control. You put it in your vagina before you have vaginal sex. It is a very thin 2 by 2 inch square film. It dissolves very quickly. VCF is not as messy as contraceptive foam or gel.

How does VCF work?

VCF contains a chemical called nonoxynol-9, which kills sperm on contact.

How effective is VCF?

Out of 100 women who use VCF between 79 and 94 will not get pregnant. Your chances of getting pregnant are lower when you use VCF correctly. Your chances are also lowered when you use VCF with a condom or another birth control method. You have to use a new VCF each time you have vaginal sex. Each film is effective for approximately one hour.

How do you use VCF?

Read and follow the instructions and check the expiry date before using it.

- ★ It needs 5-15 minutes to melt and disperse prior to becoming effective.
- ★ You need to wash your hands with soap and water before putting your film in. Dry your hands carefully or the film will stick to your fingers.
- ★ It is placed on or near the cervix (opening of the uterus).
- ★ VCF is effective for one hour after insertion. One film should be used for each act of intercourse.

It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.

What are the advantages and disadvantages of VCF?

Advantages

- * You don't need to see a clinician to get it.
- * You only have to use it when you need it.
- * You don't feel it. Your partner doesn't feel it.
- * It starts to work once you have put it in your vagina and it has dissolved.
- * Your partner doesn't have to be involved.
- * It is a reversible form of birth control and doesn't cause any changes to your body.
- * It's easy to use.
- * It is not messy, and there is no discharge.
- * You can use it with other methods of birth control to lower your chances of getting pregnant.
- * You can easily carry it with you.

Disadvantages

- * Spermicide contains nonoxynol-9. With frequent use, nonoxynol-9 can irritate the vagina and anus which increases the risk of getting a sexually transmitted infection, including HIV.
- * It is not as effective as other methods of contraception.
- * You have to put it in each time you have sex.
- * You need to feel comfortable putting it in your vagina.
- * You should not use it if you or your partner(s) are allergic to spermicides.
- * It does not protect you from STIs.

Where can you get VCF?

You can buy VCF at some drug stores or a birth control clinic.

If you need further information or would like to book an appointment, call:

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit www.ppt.on.ca.

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at spiderbytes@hotmail.com from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at askus@spiderbytes.ca or visit www.spiderbytes.ca.