

Frequently Asked Questions

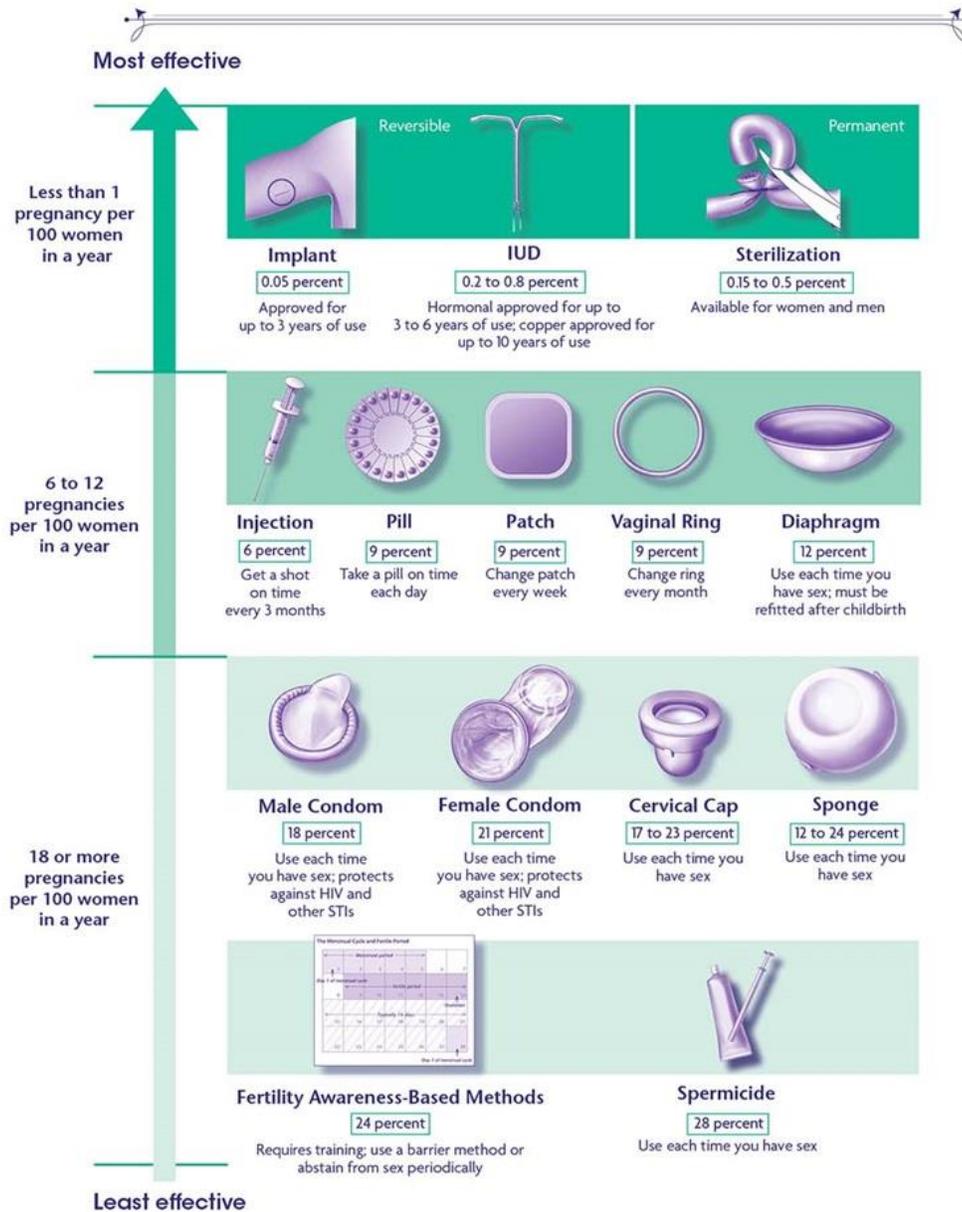
- What should I think about when choosing a birth control method?

To choose the right birth control method for you, consider:

- How well it prevents pregnancy
- How easy it is to use
- Whether you need a prescription to get it
- Whether it protects against sexually transmitted infections (STIs)
- Whether you have any health problems
- Which birth control methods are the best at preventing pregnancy?

The effectiveness chart below shows all of the birth control methods and how well they protect against pregnancy.

Effectiveness of Birth Control Methods*



Abbreviations: HIV, human immunodeficiency virus; IUD, intrauterine device; STIs, sexually transmitted infections.

*Percentage of women who will become pregnant within the first year of typical use of the method

Other methods of birth control

Lactational amenorrhea method: This is a temporary method of birth control that can be used for the first 6 months after giving birth by women who are exclusively breastfeeding.

Emergency contraception: Emergency contraceptive pills taken or a copper IUD inserted within 5 days of unprotected sex can reduce the risk of pregnancy.

Withdrawal: The man withdraws his penis from the vagina before ejaculating; 22 out of 100 women using this method will become pregnant in the first year.

Adapted from the U.S. Department of Health and Human Services/Centers for Disease Control and Prevention; World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. *Contraception* 2011;83:397-404.

- Which birth control methods also protect against STIs?

The male latex or polyurethane condom gives the best protection against STIs. The female condom provides some protection. With all other methods, you also should use a male or female condom to protect against STIs.

- What is the birth control pill?

The birth control pill contains hormones that prevent pregnancy. You have to take the pill every day at the same time each day. There are many types of birth control pills. A health care professional can help you choose the right one for you.

If you miss a pill, you need to know what to do. Read the directions that came with your pack of pills. You also may want to contact your health care professional.

- What is the skin patch?

The skin patch is a small (1.75 square inch) adhesive patch that is worn on the skin. It contains hormones that prevent pregnancy. The hormones are slowly released into your body through the skin. A new patch is worn for a week at a time for 3 weeks in a row. During the fourth week, a patch is not worn, and you will have your menstrual period.

- What is the vaginal ring?

The vaginal ring is a flexible plastic ring that you insert into the upper vagina. It releases hormones that prevent pregnancy. The hormones are slowly released into your body. It is worn inside the vagina for 21 days and then removed for 7 days. During those 7 days, you will have your menstrual period. Then you insert a new ring.

- What is the birth control shot?

This shot is given in the upper arm or buttock every 3 months. It contains hormones that prevent pregnancy.

- What is the implant?

The implant is a small plastic rod about the size of a matchstick that a health care professional inserts under the skin of the upper arm. It releases a hormone that prevents pregnancy. The implant is approved for up to 3 years of use.

- What is the IUD?

The intrauterine device (IUD) is a small, T-shaped, plastic device that is inserted into and left inside the uterus. The IUD must be inserted and removed by a health care professional.

Hormonal IUDs release a small amount of a hormone called progestin into the uterus. Different brands are approved for up to 3 to 6 years of use. The copper IUD releases a small amount of copper into the uterus. It is approved for up to 10 years of use.

- How do IUDs work?

IUDs work mainly by preventing fertilization of the egg by the sperm. The progestin in the hormonal IUD thickens the cervical mucus, which makes it harder for sperm to enter the uterus and reach an egg, and keeps the lining of the uterus thin. The copper released by the copper IUD stops sperm from moving and reaching an egg.

- What is spermicide?

Spermicides are chemicals that are put into the vagina to make sperm inactive. There are many types of spermicide: foam, gel, cream, film (thin sheets), or suppositories (solid inserts that melt after they are inserted into the vagina).

Frequent use of spermicide may increase the risk of getting human immunodeficiency virus (HIV) from an infected partner. Spermicide should only be used if you are at low risk of HIV infection.

- What are condoms?

Condoms come in male and female versions. The male condom covers the penis and catches the sperm after a man ejaculates. The female condom is a thin plastic pouch that lines the vagina. It prevents sperm from reaching the uterus.

Condoms work better to prevent pregnancy when used with a spermicide. Spermicides should only be used if you are at low risk of HIV infection.

- What is the diaphragm?

The diaphragm is a small dome-shaped device made of latex or silicone that fits inside the vagina and covers the cervix. You need a prescription for it. A health care professional needs to do a pelvic exam to find the right size of diaphragm for you. It always is used with a spermicide. Birth control methods that need spermicides to work should only be used if you are at low risk of HIV infection.

- What is the cervical cap?

The cervical cap is a small, thin latex or plastic dome shaped like a thimble. It fits tightly over the cervix. You need a prescription for it. A health care professional needs to do a pelvic exam to find the right size for you. The cervical cap must be used with a spermicide. Birth control methods that need spermicides to work should only be used if you are at low risk of HIV infection.

- What is the sponge?

The sponge is a doughnut-shaped device made of soft foam that is coated with spermicide. It is pushed up in the vagina to cover the cervix. The sponge can be bought without a prescription at pharmacies and other stores. Birth control methods that have spermicides should only be used if you are at low risk of HIV infection.

- What is emergency contraception?

If you have sex without using any birth control, if the birth control method did not work (for example, the condom broke during sex), or if you are raped, you can use emergency contraception (EC) to prevent pregnancy. It should only be used in an emergency—not for regular birth control. EC can prevent some, but not all, pregnancies. It is most effective when taken as soon as possible after having unprotected sex.

- What are the types of emergency contraception?

There are two main types of EC: 1) the copper IUD and 2) pills. The IUD must be inserted by a health care professional or the pills taken within 5 days of having unprotected sex.

- What are the types of emergency contraception pills?

There are three types of EC pills: 1) ulipristal, 2) progestin-only pills, and 3) combined birth control pills taken in certain amounts.

- Where can I get emergency contraception pills?

Ulipristal and combined birth control pills are available only by prescription. Progestin-only pills are available on pharmacy store shelves without a prescription to anyone of any age.

- Where can I get more information on emergency contraception?

If you need more information about emergency birth control, or if you need to find a health care professional who can provide a prescription, visit www.not-2-late.com. You also can read [Emergency Contraception](#) to learn more about EC.

- Glossary

Cervix: The lower, narrow end of the uterus at the top of the vagina.

Egg: The female reproductive cell made in and released from the ovaries. Also called the ovum.

Ejaculates: The release of semen from the penis at the time of orgasm.

Emergency Contraception (EC): Methods that are used to prevent pregnancy after a woman has had sex without birth control, after the method has failed, or after a rape.

Fertilization: A multistep process that joins the egg and the sperm.

Hormones: Substances made in the body that control the function of cells or organs.

Human Immunodeficiency Virus (HIV): A virus that attacks certain cells of the body's immune system. If left untreated, HIV can cause acquired immunodeficiency syndrome (AIDS).

Intrauterine Device (IUD): A small device that is inserted and left inside the uterus to prevent pregnancy.

Menstrual Period: The monthly shedding of blood and tissue from the uterus.

Pelvic Exam: A physical examination of a woman's pelvic organs.

Penis: The male sex organ.

Progestin: A synthetic form of progesterone that is similar to the hormone made naturally by the body.

Sexually Transmitted Infections (STIs): Infections that are spread by sexual contact.

Sperm: A cell made in the male testicles that can fertilize a female egg.

Spermicides: Chemicals (creams, gels, foams) that inactivate sperm.

Uterus: A muscular organ in the female pelvis. During pregnancy, this organ holds and nourishes the fetus.

Vagina: A tube-like structure surrounded by muscles. The vagina leads from the uterus to the outside of the body.

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FAQ112

Published: May 2020

Last reviewed: May 2020

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What is PHEXXI:

- PHEXXI is a prescription medicine used to prevent pregnancy in females who can become pregnant and choose to

use an on-demand method of birth control.

- PHEXXI is not effective at preventing pregnancy when used after vaginal sex.

How well does PHEXXI work?

Your chance of getting pregnant depends on how well you follow the directions for using PHEXXI. The better you follow the directions, the less chance you have of getting pregnant. It is very important that you follow the directions carefully each time you have vaginal sex.

PHEXXI does not protect against HIV infection or other sexually transmitted infections (STIs).

Before using PHEXXI, tell your healthcare provider about all of your medical conditions, including if you:

- are pregnant or think you are pregnant. PHEXXI is not for use in pregnant women.
- are breastfeeding or plan to breastfeed. It is not known if PHEXXI passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter

medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I use PHEXXI?

- See the Instructions for Use that comes with PHEXXI for detailed instructions on the right way to use PHEXXI.
- Use PHEXXI exactly as your healthcare provider tells you to use it.
- PHEXXI must be used before vaginal sex.
- PHEXXI comes as a pre-filled single-dose vaginal applicator.
- Insert 1 PHEXXI pre-filled applicator into your vagina and use PHEXXI within 1 hour before each time you have vaginal sex. If you do not have vaginal sex within 1 hour of using PHEXXI, you must insert a new PHEXXI pre-filled applicator.
- If you have vaginal sex more than 1 time within 1 hour, you must use a new PHEXXI pre-filled applicator.
- PHEXXI may be used at any time during the menstrual cycle.

- PHEXXI may be used as soon as your healthcare provider tells you it is safe for you to have vaginal sex after childbirth, abortion, or miscarriage.
- PHEXXI may be used with hormonal contraceptives; and latex, polyurethane and polyisoprene condoms. PHEXXI may be used with a vaginal diaphragm. Avoid using PHEXXI with contraceptive vaginal rings.
- PHEXXI may be used with other medicines used in the vagina to treat infections including miconazole, metronidazole and tioconazole.

What are the possible side effects of PHEXXI?

PHEXXI may cause serious side effects, including:

- Bladder infection (cystitis) and acute kidney infection (pyelonephritis). Urinary tract infections are common but can also be serious. You should not use PHEXXI if you have a history of urinary tract infections that keep coming back or other problems with your urinary tract. Call your healthcare provider if you have burning with urination or other signs and symptoms of a urinary tract infection such as: burning feeling when passing urine, urine that looks cloudy, pain in the pelvis, or back pain.
- Allergic reactions. Avoid using PHEXXI if you are a female who can become pregnant and are allergic to lactic acid, citric acid, potassium bitartrate or any of the ingredients in PHEXXI; or your sexual partners are allergic to any of the ingredients in PHEXXI". Stop using PHEXXI if you have a local vulvovaginal reaction.

The most common side effects of PHEXXI include:

- vaginal burning
- vaginal itching
- vaginal yeast infection
- discomfort around the vaginal area
- bacterial vaginosis
- vaginal discharge
- discomfort in the genital area
- pain while passing urine

These are not all the possible side effects of PHEXXI.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store PHEXXI?

- Store PHEXXI at room temperature between 68°F to 77°F (20°C to 25°C).
- Store PHEXXI in the original foil pouch.

Keep PHEXXI and all medicines out of the reach of children.

What are the ingredients in PHEXXI?

Active ingredients: lactic acid, citric acid, and potassium bitartrate

Inactive ingredients: glycerin, alginic acid, xanthan gum, sodium hydroxide, benzoic acid, and purified water

Manufactured for Evofem, Inc., a wholly owned subsidiary of Evofem Biosciences, Inc.

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For more information, go to www.phexxi.com or call 1-833-EVFBIO.

This Patient Information has been approved by the U.S. Food and Drug Administration Issued: May 2020