

VCF[®]

Vaginal Contraceptive Film[®] Birth Control

Use one VCF film before each act of intercourse.

Effective up to 3 hours!
Safe and non-hormonal
Contains 28% Nonoxynol-9

What Is VCF Vaginal Contraceptive Film?

VCF Vaginal Contraceptive Film is a very thin square of material that dissolves quickly and releases its active ingredient nonoxynol-9, a powerful non-hormonal spermicide that kills sperm on contact.

Why Is VCF Vaginal Contraceptive Film The Fastest Growing Barrier Spermicide In The United States?

If you use VCF, neither you nor your partner will be able to tell it's there. This means that you can enjoy sex with the knowledge that you are protected. VCF is the most comfortable barrier spermicide ever developed. There are no bulky inserts that you have to leave in, no applicators to either insert or clean off. And because VCF doesn't contain a lot of inactive ingredients like foams or gels, it isn't runny or messy. It simply washes away naturally with your body's fluids.

How Do You Use VCF Vaginal Contraceptive Film?

Using VCF Vaginal Contraceptive Film is as simple as 1–2–3.

Make sure your fingers are completely dry!



1. Remove the square of pre-folded film from the conveniently sealed pouch.



2. Then fold over your second or third finger.



3. With one swift movement, place VCF high in your vagina against the cervix, not less than 15 minutes and not more than 3 hours before intercourse. If more than 3 hours elapses since VCF was inserted, insert another VCF film. One film should be used for each act of intercourse. If film sticks to your finger, take a new film. Fold

in half making film smaller, then insert according to Figure 3.

If douching is desired, always wait at least 6 hours after intercourse before douching. It is important that you follow the instructions carefully, otherwise, as with any contraceptive, reliability cannot be assured. VCF seldomly causes vaginal or penile irritation. If discomfort does occur at a time when you are using VCF, discontinue use. Should the irritation persist, consult your doctor.

This pack contains individually sealed semi-transparent squares of soluble contraceptive film that contain the active ingredient Nonoxynol-9. It is always essential that there is no contact between vagina and penis before contraceptive precautions have been taken. This is vital because the man can introduce fertilizing sperm into the vaginal area before ejaculation. VCF is washed away with the natural body fluids. If this product is used together with another contraceptive method, there will probably be better protection against pregnancy. No birth control method is 100% effective.

If your physician has told you that you should not become pregnant, discuss with the physician the best method of birth control for you.

GENERAL INFORMATION

- In order to maintain VCF's soft and flexible qualities, it should be kept in its pouch, unopened, at a comfortable room temperature. If, after removal from its pouch for use, the VCF film is not as flexible as you would like, hold it between the palms of clean and dry hands for several seconds to soften it for easy insertion as directed.
- Use the same position as you do for inserting a tampon—that is to say crouching or standing with one leg raised with your foot on a stool or chair. Another alternative is lying down.
- Make sure your fingers are completely dry and the insertion is made quickly. Do not insert VCF into the urinary opening. It is important that you follow the instructions carefully, otherwise, as with any contraceptive, reliability cannot be assured.
- Studies have raised safety concerns that products containing the spermicide nonoxynol-9 can irritate the vagina and rectum. Sometimes this irritation has no symptoms. This irritation may increase the risk of getting HIV/AIDS from an infected partner.
- You can use nonoxynol-9 for a birth control with or without a diaphragm or condom if you have sex with only one partner who is not infected with HIV and who has no other sexual partners or HIV risk factors.
- Use a latex condom without nonoxynol-9 if you or your sex partner has HIV/AIDS, multiple sex partners, or other HIV risk factors.
- Ask a health professional if you have questions about your best birth control and STD prevention methods.

Have any questions?



Customer Service 1700-707-888 (Between 9 AM and 4 PM Sunday - Thursday). Excluding weekends and holidays.

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