



# Vaginal Contraceptive Film (VCF)

## What is the VCF?

The vaginal contraceptive film is a small, thin square film that contains chemicals to kill sperm. The VCF does not contain hormones and is convenient for individuals with a vagina who cannot or do not wish to use hormonal methods of birth control.

The VCF is inserted into the vagina at least 15 minutes, and up to one hour, before sex. The VCF then dissolves inside the vagina due to body heat and allows the chemicals (spermicide) contained in it to kill sperm. It is also convenient for those who only have sex occasionally.

## How Does the Vaginal Contraceptive Film Prevent Pregnancy?

The VCF contains spermicide. As it dissolves inside the vagina, these chemicals are released, and they act to kill sperm. This happens before the sperm ever get a chance to meet with an egg, therefore preventing fertilization.

## How Effective is the Vaginal Contraceptive Film?

When the VCF is used perfectly, this method is 85 - 90% effective in protecting against pregnancy. There is a “user failure rate” as some individuals make mistakes in using the VCF, bringing the effectiveness down to 75% based on typical use.

Remember that no birth control method is 100% effective; therefore, you always have some risk of pregnancy if you are sexually active.

**Since the VCF only protects against pregnancy, condoms should be used consistently and properly for protection against sexually transmitted infections.**

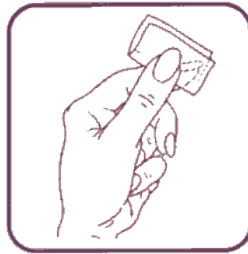
## **Where Can I get Vaginal Contraceptive Film?**

VCF is available at drugstores as well as at PPNSLHC. You do not need a doctor's prescription to purchase VCF.

## **How Do I Use the Vaginal Contraceptive Film?**

The VCF is used in three easy steps:

- 1. Making sure your hands are clean and dry, remove the film from sealed package and fold it in half.**



**1**

- 2. Place the VCF on your second or third finger**



**2**

- 3. With one swift movement, place it high in your vagina against your cervix. Keep your finger in place for about 5 minutes to give the VCF enough time to dissolve.**



**3**

**If any film has stuck to your finger after insertion, use another film and start again.  
You may find it easier to insert if you are crouching or have one foot raised on a chair.  
You must use a new film for each episode of sex.**

### **What Are Some of the Benefits of the Vaginal Contraceptive Film?**

- Requires no day-to-day routine
- Does not contain hormones
  - Is reversible
- No prescription required
- Very discreet to carry and use
- Can be inserted up to 1 hour before sex

### **What Are Some Disadvantages of the Vaginal Contraceptive Film?**

- Spermicide in the film could cause irritation to either partner
  - Must be inserted at least 15 mins before sex
  - Approximately \$9 for 6 films
- Individuals have to be comfortable touching their own genitals to insert correctly

If you have further questions regarding BC options or would like to see a health care provider regarding any sexual health matter, please contact us.

## **Sexual Health Questions? We have Answers!**

### **Location:**

47 St. Clare Avenue, St. John's, NL, A1C 2J9

### **Hours:**

Monday: 9:00AM-4:30PM  
Tuesday: 9:00AM-4:30PM  
Wednesday: 9:00AM-4:30PM  
Thursday: 12:00PM-6:00PM  
Friday: 9:00AM-4:30PM

### **Phone:**

579-1009  
Toll Free: 1-877-NO MYTHS  
(1-877-666-9847)

### **Website:**

[www.plannedparenthoodnlshc.com](http://www.plannedparenthoodnlshc.com)

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