

Birth Control Method:



- ***How Does The Sponge Method Work?***
 - The vaginal sponge is a barrier method of preventing pregnancy. That is, the sponge acts as a barrier to prevent semen from entering the cervix.
 - Used as directed the contraceptive sponge prevents pregnancy in three ways:
 - The nonoxynol 9 contained in the sponge kills sperm before they can reach the egg
 - The sponge blocks the cervix opening to the uterus so the sperm cannot enter
 - The sponge traps and absorbs the sperm

- ***Are They Safe?***
 - Yes, the contraceptive sponge is a reversible form of birth control. The sponge's protection diminishes after 24 hours, making pregnancy possible almost immediately thereafter.

- ***What Are The Side Effects?***
 - If you are allergic or sensitive to the spermicide nonoxynol 9 you shouldn't use the contraceptive sponge. Talk to your Nurse Practitioner for another birth control method.

- ***What Are The Health Benefits Of The Contraceptive Sponge?***
 - It is a form of birth control that isn't permanent, doesn't contain hormones and requires no prescription, the contraceptive sponge may be an ideal choice.

- ***What About Sexually Transmitted Diseases/Infections and HIV/AIDS While Using The Contraceptive Sponge?***
 - Despite being designed to block sperm from entering the uterus, bodily fluids that carry sexually transmitted diseases, such as HIV/AIDS and gonorrhea, can still come in contact with your vagina

and vulva and may bypass the sponge and enter the uterus after removal. Therefore, contraceptive sponges aren't an effective means of **protection** against these diseases. Women should also use condoms to prevent sexually transmitted infections.

- ***What Do I Need To Know About Using The Contraceptive Sponge?***
 - The contraceptive sponge is designed to be convenient and easy to use, and to avoid interruption of lovemaking. Because it can be inserted up to 24 hours in **advance**, there is no need to stop and deal with the contraception immediately before, during or directly after intercourse. Insertion and removal of the sponge itself is fast and simple. For maximum spontaneity. It is best to insert the sponge well in advance of intercourse.

- ***When Do I Start?***
 - For maximum protection always insert the sponge in advance whenever there is a possibility you may have intercourse within 24 hours. No birth control method can provide **reliable** protection if it is not use consistently.

- ***What If I Am Taking Other Medications?***
 - Medication for vaginal yeast **infections**, such as topical creams and suppositories. These medication dilute the spermicide, lowering its effectiveness.
 - Some factors may decrease the effectiveness of the sponge. Certain vaginal or uterine conditions, such as when abnormal connective tissue divides the vaginal canal or when the uterus drops into the vaginal canal. These conditions may affect how the sponge fits on the cervix.