

NON-HORMONAL VAGINAL GEL

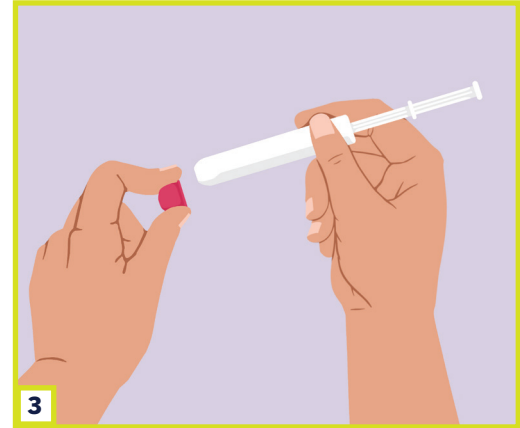
HOW TO USE VAGINAL GEL



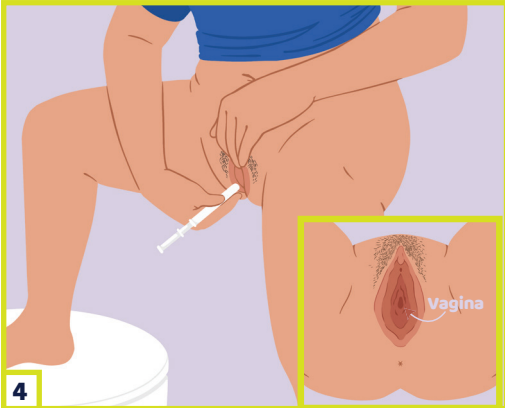
1 Within 1 hour before having penis-in-vagina sex grab your single-use vaginal gel applicator (also known as Phexxi). Wash your hands with soap and water. Remove the plunger rod and applicator from its foil pouch.



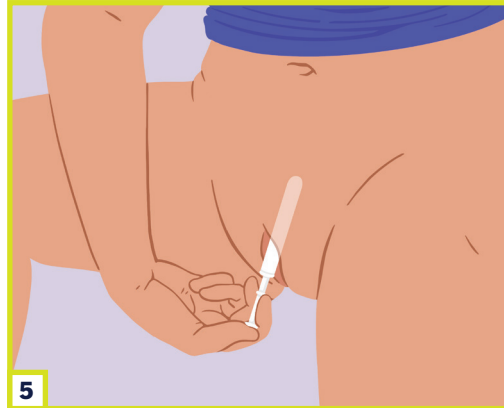
2 Insert the plunger into the applicator by gently pushing until you feel the plunger rod connect to the inside of the applicator. Make sure not to push too hard so the gel stays in the syringe and does not go into the pink cap.



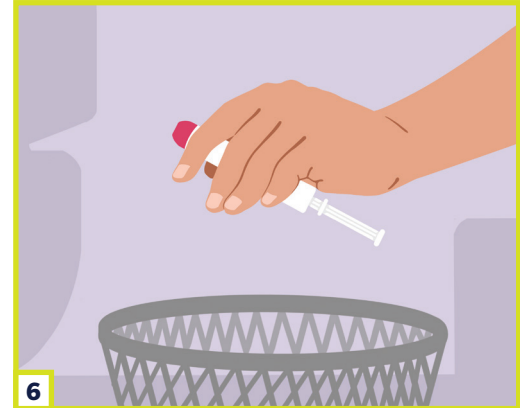
3 Remove the pink cap. The extra space between the gel and the applicator is normal.



4 Lay down, squat, or stand. Hold the applicator at the grooved area closest to the plunger rod. Gently insert the applicator as far as it will go into your vagina (similar to how you insert a tampon).



5 Once inserted, use your index finger to push the plunger into the syringe until it stops. It's normal for a small amount of gel to remain in the applicator.



6 The gel is made to stay in place in your vagina so it won't fall out during sex. Once you've removed the applicator, re-cap the applicator and throw it away in a trash can.

HOW IT WORKS

The gel changes the pH in the vagina, making it hard for the sperm to swim.

HOW OFTEN YOU USE IT

Use it each time you have penis-in-vagina sex. It starts working as soon as you release the gel into your vagina. If you have penis-in-vagina sex more than once in an hour, you must insert another application of the gel.

EFFECTIVENESS

Typically, **86%** of people don't become pregnant.

HOW TO GET IT

A healthcare provider provides a prescription that is filled at a pharmacy.

COST

A box contains 12 vaginal gel applicators. This may cost \$0–280. If you have insurance, it's typically low- or no-cost.

VISIBILITY

Your partner won't see the gel once you've inserted it.

STORAGE

Store in a dry place, ideally between 59–77°F.

ADDITIONAL INFORMATION

- Non-hormonal
- Use every single time you have penis-in-vagina sex
- Vaginal burning, itching and/or discomfort
- Vaginal discharge
- Painful urination
- Avoid using gel with a vaginal ring
- Does not protect against STIs

If you notice any concerning changes, reach out to your healthcare provider immediately.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.

 **hello greenlight®**
Learn more at hellogreenlight.org/gel