

**Vaginal Foams, Creams and Jellies**

Special contraceptive creams, jellies and vaginal foams can be bought without a doctor's prescription at drugstores. For couples who cannot use other methods or for women who can't get to a doctor, these are very good products. They are simple to use and no doctor's examination is needed. Special applicators which measure the right amount come in the box when you buy them. To be effective these must be used each and every time before sex relations. Next to the condom, the contraceptive foams, creams and jellies are the most effective birth control methods you can buy without a doctor's prescription. Because the foam is less noticeable, many women prefer it to jellies and creams. (See p. 8 for list of products on sale in drugstores.)

Chemicals in these foams, creams and jellies quickly kill the sperm. The jelly or cream is squeezed out of the tube into the special applicator. In the case of the vaginal foam, the bottle is first shaken well, then the applicator is placed over the valve at the top of the bottle and filled with foam. *Not more than one hour before sex relations*, the applicator should be placed gently but deeply into the birth canal. Pressing the plunger sends the foam where it provides protection. Each time sex relations are repeated, another applicatorful must be used. Douching is not recommended. If douching is desired, a six hour wait after the last sex act is a *must*.

**Less Effective Birth Control Methods****Vaginal Foaming Tablets**

Vaginal Foaming Tablets, also sold at drugstores, are simple to use. They only work when moist. For this reason the tablets are not suitable or effective for some women.

The tablet should be moistened with saliva or water and immediately inserted deep into the birth canal *at least five minutes before* each sex act so it can dissolve. The foam produced as the tablet dissolves covers the mouth of the womb. A new tablet should be used before each sex act. The tablets lose their effectiveness an hour after insertion. Douching is not necessary. If douching is desired it should be postponed until at least six hours after the last sex act.

**Vaginal Suppositories**

The Vaginal Suppository is a small, cone-shaped waxy material containing a sperm-killing chemical. A suppository is inserted into the birth canal *10 to 15 minutes before* each sex act so that it has time to melt at body temperature. They are simple to use and can be bought without prescription at any drugstore. However, they have not proven to be reliable enough to be recommended generally. Sometimes they do not melt quickly enough, or they may be incorrectly inserted. Like the foaming tablets, if the sex act does not take place within one hour after insertion, they lose their effectiveness. Products advertised for "feminine hygiene" are usually