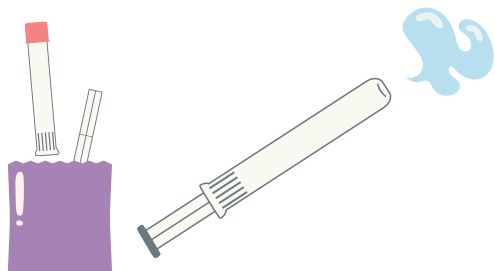


# PHEXXI VAGINAL GEL

pH Modulator, Contraceptive Gel, Vaginal Gel, Birth Control Gel



## HOW DOES PHEXXI WORK?

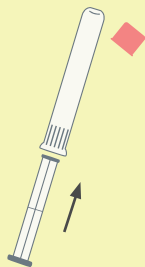
- **Phexxi** is a gel that is inserted into the vagina. It **lowers the pH of the vagina so that sperm cannot swim properly** to reach the egg.
- The brand name **Phexxi** is the only FDA-approved pH modulator. It is used similarly to a spermicide, but they work differently.
- **Phexxi** works for people of **all weights, all ages, and those using gender affirming hormone therapy**.

## HOW DO YOU USE PHEXXI?



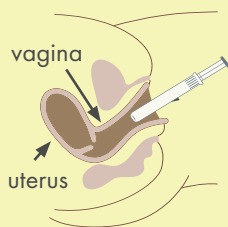
### 1. PREPARE

Remove the pre-filled applicator and plunger from pouch.



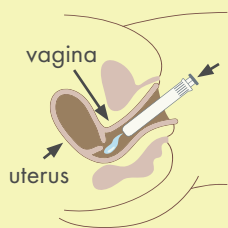
### 2. ASSEMBLE

Insert plunger into the applicator and remove the pink cap.



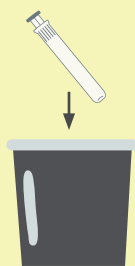
### 3. INSERT

Gently insert the applicator into the vagina.



### 4. RELEASE

Push the plunger all the way to insert the gel.



### 5. DISPOSE

Take out the applicator and throw it away after use

You need to see a provider (in-person or via telemedicine) to start using **Phexxi**.

You must use **Phexxi** before **each act of penis-vagina sex**.

- Get a prescription for **Phexxi** from your provider. You may be able to receive **Phexxi** at the clinic, or you may need to go to the pharmacy. You will be given prefilled applicators. Store **Phexxi** at room temperature until you are ready to use it.
- Start by inserting the plunger into the applicator. Next, remove the pink cap at the end of the applicator. Insert the applicator into your vagina, similarly to how you would insert a tampon, as far as it will comfortably go.
- Once it is in your vagina, push the gel into your vagina by pushing the plunger into the applicator until it cannot go any further. Then remove the applicator from your vagina.
- Insert **Phexxi** before penis-vagina sex (intercourse). You can insert it **right before intercourse begins, during foreplay, or up to 1 hour before intercourse**. You will need to use a new applicator of **Phexxi** before **each time** you have penis-vagina sex, even if you have sex multiple times within an hour.



## PRIVACY AND CONTROL

- A provider is needed to start and continue using **Phexxi** through ongoing prescriptions. You can decide to stop using **Phexxi** on your own.
- Someone else cannot see that you are using this method, but someone might find your **Phexxi** doses or discarded applicators, and your partner might notice the gel during sex. **Phexxi** may have a citrus taste.
- Someone you live with or who you share insurance with may see a bill from your insurance. Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.



## DOES PHEXXI WORK IMMEDIATELY?

Yes, **Phexxi** works for each act of penis-vagina sex when it is inserted at the right time. A new dose needs to be inserted for **each act** of penis-vagina sex, even if you have sex more than once within the hour. If inserted more than one hour before sex or not inserted correctly (not full dose), it will not work.



## PHEXXI MAY NOT BE RIGHT FOR:

People who have frequent urinary tract infections

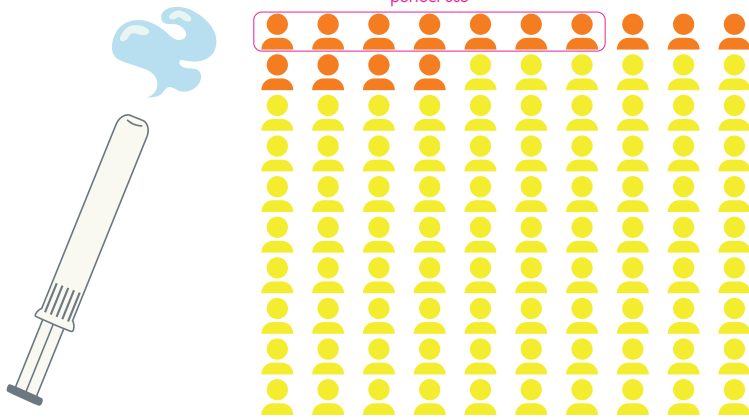
*This is not a complete list, talk to your provider about your medical history before starting this method.*



## USE EMERGENCY CONTRACEPTION IF:

- You did not insert **Phexxi** within **1 hour before sex**.
- You are concerned you **did not insert the full dose of Phexxi from the applicator**.

## HOW WELL DOES PHEXXI PREVENT PREGNANCY?



On average, **14 out of 100 people using Phexxi will get pregnant each year.** This means it is **86% effective** with typical use. Typical use considers how easily a person can use **Phexxi**. Some people will not be able to insert **Phexxi** within 1 hour of each act of penis-vagina sex or may not insert the full dose.

With **perfect use**, meaning **Phexxi** is used correctly each time, **7 out of 100 people using it will get pregnant each year.** It is **93% effective.**

You can use all other methods of contraception except for the vaginal ring with **Phexxi** to provide more protection against pregnancy.

### SEXUALLY TRANSMITTED INFECTIONS

- Phexxi** does not prevent sexually transmitted infections.
- Use external or internal condoms to lower your risk of all sexually transmitted infections.

### POSTPARTUM USE

**Phexxi** is **safe to use right after giving birth.** It has no effect on lactation, breastfeeding/chestfeeding, or infant development.

### SIDE EFFECTS

**PERIOD:** No effect.

**PERIOD CRAMPS:** No effect.

**WEIGHT:** No effect.

**ACNE:** No effect.

**FERTILITY RETURN:** When you stop using **Phexxi**, you can get pregnant right away.

#### OTHER POSSIBLE SIDE EFFECTS:

- Vaginal burning, itching, discomfort, or pain
- Yeast infection
- Urinary tract infection
- Vaginal discharge
- Burning, itching, or pain for partner's penis

### QUESTIONS TO ASK YOUR PROVIDER

- Can I use too much **Phexxi**?
- Why can I not use **Phexxi** with the vaginal ring?
- Can I douche if using **Phexxi**?
- How is **Phexxi** different from spermicide?
- How long of a prescription can you give me?

### CONTACT YOUR PROVIDER IF YOU HAVE:

- Allergic reaction
- Urinary bladder infection
- Kidney infection



Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.  
**Call 211 or visit [www.211info.org](http://www.211info.org)**



**Oregon Reproductive Health Program**  
[www.healthoregon.org/rh](http://www.healthoregon.org/rh)

adapted from [PICCK.org](http://PICCK.org)