


HORMONE FREE

 Used in the moment

VAGINAL pH MODULATOR

- A vaginal gel that keeps the vagina in the normal acidic range (3.5-4.5), which lowers sperm mobility and the chance of sperm reaching the egg
- Inserted into the vagina immediately before (or up to 1 hour before) each act of vaginal sex

CONDOM

- A barrier that covers the penis or vagina during sex
- Protects against HIV, other STIs, and pregnancy

SPERMICIDE

- A cream or film that contains the chemical nonoxynol-9 to prevent pregnancy
- Inserted into the vagina before vaginal sex

FERTILITY TRACKING

- The tracking of a woman's menstrual cycle and/or other fertility signs such as temperature and vaginal discharge
- Vaginal sex is avoided on days that are likely to be most fertile

 Semi-permanent or permanent

COPPER IUD

- A device placed in the uterus by a healthcare professional
- Approved for up to 10 years of use

TUBAL LIGATION (getting "tubes tied")

- Sterilization surgery that is usually permanent
- For women who are sure they don't want a future pregnancy

BIRTH CONTROL IS PERSONAL.

WHICH METHOD* MEETS YOUR NEEDS?

Use this chart to help determine which methods might be right for you. Talk to your doctor about what you want in your birth control.

*Products are not shown at actual size.

CONTAINS HORMONES

 Routine use and/or care

ORAL CONTRACEPTION (the "Pill")

- A pill containing hormones that prevent pregnancy
- Taken every day at the same time

PATCH

- A stick-on patch that releases hormones through the skin
- Replace once a week for 3 weeks; remove for 1 week

RING

- A flexible ring that contains hormones and is inserted into the vagina by the woman
- Insert for 3 weeks; remove for 1 week

INJECTION

- An injection of hormones by a healthcare professional
- Injection required every 3 months

 Semi-permanent or permanent

HORMONAL IUD

- A device placed in the uterus by a healthcare professional
- Approved for up to 3 to 7 years of use

IMPLANT

- A small silicone rod inserted under the skin on the inside of the upper arm by a healthcare professional
- Approved for up to 3 years of use

INDICATION

Phexxi® (lactic acid, citric acid, and potassium bitartrate) is an on-demand method of birth control used to prevent pregnancy. Phexxi is not effective when used after sex.

IMPORTANT SAFETY INFORMATION

Rare cases (0.36%) of bladder and kidney infection have been reported. If you have a history of urinary tract problems that keep coming back, you should not use Phexxi.

Contact your healthcare provider if you are experiencing genitourinary side effects such as vaginal burning, itching, discharge, genital discomfort (including in male partners), yeast infection, urinary tract infection or bacterial vaginosis.

IMPORTANT SAFETY INFORMATION

Phexxi does not protect against any sexually transmitted infections, including HIV. Avoid using Phexxi with a vaginal ring.

Avoid Phexxi if you or your sexual partner is allergic to lactic acid, citric acid, potassium bitartrate, or any of the ingredients in Phexxi. Stop using Phexxi if you develop an allergic reaction.

For more information about Phexxi, talk to your healthcare provider and see full Product Information.

Please report side effects by contacting Evofem Biosciences® toll-free at 1-833-EVFM BIO or contact FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.