

# Phexxi Vaginal Gel

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



## How does Phexxi work?



- **Phexxi**, a gel inserted into the vagina, prevents pregnancy by **lowering the pH of the vagina so that sperm cannot move or “swim” properly**. The sperm cannot move toward the egg to fertilize it.
- The brand name **Phexxi** is the only FDA-approved pH modulator. It is often considered 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?

insert  
before sex

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 to fill at the pharmacy. You will be given prefilled applicators to insert **Phexxi** into your vagina. Store **Phexxi** at room temperature until you are ready to use it. Start by connecting the plunger rod to the applicator by pushing the two pieces together. 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 rod into the applicator until it cannot go any further. Remove the applicator from your vagina.
- Insert **Phexxi** before penis-vagina sex (intercourse). You can place 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.
- Your partner may be able to tell that you are using **Phexxi** during sex if they notice the gel. **Phexxi** may have a citrus taste.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using this method. Someone might find your **Phexxi** doses or discarded applicators.

## When starting Phexxi, will it 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.**



### Side effects

**Sexually transmitted infections:** Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.

**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 of partner's penis



### Postpartum use

*Phexxi* is **safe to use right after giving birth.**

It has no effect on lactation, breastfeeding/ chestfeeding, or infant development.



### Contact your provider if you have

- Allergic reaction
- Urinary bladder infection
- Kidney infection



### 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?

Scan for a contraception guide and information sheets on each method.

