



Spermicides

Spermicides are a form of birth control that uses a chemical called Nonoxyl-9. This chemical will kill sperm. They can be in the form of creams, gels, suppositories and foam that are inserted into the vagina before sexual intercourse.

Studies done in the 1970's showed that foam dispensed better and covered the cervix better than the other products. This prevented sperm from passing through the cervix and fertilizing an egg.

The spermicide should be used 10-20 minutes before each act of sex. For best results, it should be used with another barrier form of contraception such as a condom or diaphragm.