Vaginal Contraceptive Sponge

Today® (spermicide contraceptive sponge) is intended for the prevention of pregnancy.

IMPORTANT INFORMATION FOR USERS

If you have no previous experience with vaginal birth control you should consult a doctor, health professional or a family planning clinic for advice on how to use this product. If you have any queries on the best birth control method for you, contact a doctor, health professional or a family planning clinic.

You were told that you should not become pregnant if you had given birth before.

The birth control product can prevent pregnancy all the time. See Table of Pregnancy Rates for Birth Control Methods for a comparison of pregnancy rates.

This birth control method is neither safe nor effective in all cases. Contraception is a health professional for your best method. For best results, barrier methods, such as the sponge or condom, must be used correctly during every act of intercourse.

Pregnancy Rates for Birth Control Methods

In clinical studies with Today® Spong, the pregnancy rates per 100 women during the first year of use were:

- 3. if you seek help from people who are not infected with HIV/AIDS and do not have other sexual partners at risk for HIV.
- 5. If used correctly according to the label and diagram instructions for inserting and removing the sponge.
- 6. If you have trouble removing the sponge or think that parts of the sponge will enter your vagina, consult the removal instructions on the back of this leaflet. If you still trouble removing the sponge, contact the Mayer Labs Product Support Line at 1-877-447-2255 or contact a health professional right away.
- 7. Can I use Today® Spong during my menstrual period?

- 8. A How can I reduce the chances of a serious infection associated with systemic transmission diseases (STDs)?
- 9. Can I use Today® Spong with other contraceptive methods?
- 10. Can I use Today® Spong without removing the sponge?
Sponge
Slowly and gently pull the sponge out. The sponge should remain in your vagina (see insertion).

B. Douching after using Today Sponge

1. Is it necessary to douche after removing Today Sponge?

No, it is not necessary. However, you may douche after using the sponge if you wish.

2. CanToday Sponge fall out?

It is unlikely thatToday Sponge will fall out. During a bowel movement or other form of internal straining, it may be pushed down to the opening of the vagina and perhaps fall out. If you suspect this happening, simply insert your finger into your vagina and push it back. If it still falls out, you should not be using the Today Sponge. If the sponge is out of position, simply slide it back in place.

3. Can Today Sponge fall out?

Yes, it is possible thatToday Sponge will fall out. The easiest way to reach the sponge is to lie down on your back, hold your knees close to your body, and slowly pull the sponge out. Be sure to check for all parts of sponge out of the vagina. If you have difficulty getting all parts of sponge out of the vagina, call the Mayer Labs Product Support Line at 1-800-491-2520 or contact a health professional right away.

A. How do I find the vaginal opening?

Sit on the edge of a chair with knees apart. Place a good source of light above your vision and feel your way down (section 8D). You should now be able to locate your cervix.

B. How do I find the cervix?

Sit on the edge of a chair with knees apart. Place a good source of light above your vision and feel your way down (section 8D). You should now be able to locate your cervix. If you cannot find the string loop immediately, bear down until you feel the loop rise (see “Bearing Down”, section 8C). Hold your finger around the loop. (If you have not bound the sponge, grasp the sponge between your thumb and forefinger.)

8. Some basic information about your reproductive system

A. How do I find the opening to Today's Sponge?

1. Close the vulva (also called the outer lips of the vagina) and reach up and back to find the vaginal opening. It is usually easier to locate the vaginal opening if you sit on the edge of a chair with knees apart.

B. Special Removal Situations

1. If you cannot find the string loop, simply grasp the edge of the sponge between your thumb and forefinger and pull it out slowly. Bearing down (section 8D) will make it easier to reach the sponge.

2. Sometimes, a piece of sponge may remain in the vagina. If this happens, do not flush it down the toilet. Discard it in a waste container.

3. If you have difficulty getting all parts of sponge out of the vagina, call the Mayer Labs Product Support Line at 1-800-491-2520 or contact a health professional right away.

C. Questions about removal of Today Sponge

1. How do I do that?

Sit on the edge of a chair with knees apart. Place a good source of light above your vision and feel your way down (section 8D). You should now be able to locate your cervix.