

# VCF<sup>®</sup>

## Vaginal Contraceptive Film<sup>®</sup>

FOR PREVENTION OF PREGNANCY

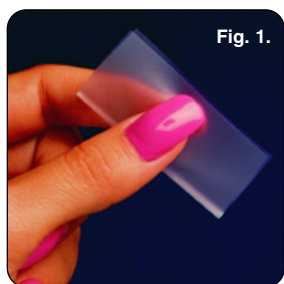
### Instructions for Contraceptive Use

**Use one VCF film before each act of intercourse.** This pack contains individually sealed semi-transparent squares of soluble contraceptive film. It incorporates a highly efficient and safe material that kills sperm on contact. Active ingredient: Nonoxynol-9 28%.

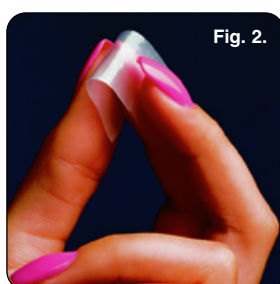
**GENERAL INFORMATION** It is always essential that there is no contact between vagina and penis before contraceptive precautions have been taken. This is vital because the man can introduce fertilizing sperm into the vaginal area before ejaculation. VCF dissolves quickly and there is nothing to dispose of. VCF is washed away with the natural body fluids. (See for yourself how VCF works. Place VCF in a clear cup, pour half a teaspoon of warm water and gently shake the cup. You will see that VCF completely dissolves, but does not become runny.) VCF seldomly causes vaginal or penile irritation. If discomfort does occur at a time when you are using VCF, discontinue use. Should the irritation persist, consult your doctor. If this product is used together with another contraceptive method, there will probably be better protection against pregnancy. No birth control method is 100% effective. If your physician has told you that you should not become pregnant, discuss with the physician the best method of birth control for you.

#### HOW TO USE VCF

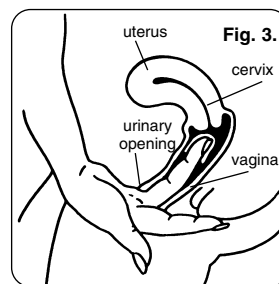
Make sure your fingers are completely dry before inserting



1. Remove one film from pouch. Fold in half.



2. Fold again and place over middle or second finger.



3. Insert film with one swift movement deep in the vagina against the cervix.

**Background History Of VCF Vaginal Contraceptive Film** VCF was developed in Europe, where it has been sold for more than 20 years. Millions of films have been used with the most significant side effect reported being occasional instances of minor vaginal or penile irritation. (If you happen to be one of those people who experience irritation, and if it persists, we recommend that you consider using another form of contraceptive. Your doctor, family planning clinic, or a Planned Parenthood clinic is the best source of such advice.)

**Has VCF Been Extensively Tested?** Yes. VCF is a safe and effective method of birth control. Its film formulation has been the subject of numerous studies conducted worldwide. When used as directed, VCF provides reliable protection against pregnancy. The effectiveness of VCF is comparable to other spermicides. Effectiveness studies show the Film to be a safe and effective contraceptive when used consistently and according to the instructions provided. If your doctor has told you that you should not become pregnant or if you desire as much protection as possible, you should consult with your doctor or Family Planning clinic for the contraceptive method that best meets your needs. Reports of several studies have been published in various scientific journals and a bibliographic reference has been compiled by the National Library of Medicine.

#### Helpful Hints on Using VCF Vaginal Contraceptive Film.

- Remove one film with dry fingers. Fold in half as shown in Figure 1. Place over fingertip as shown in Figure 2. The correct place for VCF is deep in the vagina on the cervix. Make sure you can locate the cervix. (See Fig. 3) You may need a little practice to insert VCF properly, so try two or three times without having intercourse.
- In order to maintain VCF's soft and flexible qualities, it should be kept in its pouch, unopened, at a comfortable room temperature. If, after removal from its pouch for use, the VCF film is not as flexible as you would like, hold it between the palms of clean and dry hands for several seconds to soften it for easy insertion as directed.
- Use the same position as you do for inserting a tampon—that is to say crouching or standing with one leg raised with your foot on a stool or chair. Another alternative is lying down.
- Make sure your fingers are dry and the insertion is made quickly. Do not insert VCF into the urinary opening.
- Insert VCF not less than 15 minutes and not more than 3 hours before intercourse. If more than 3 hours elapses since VCF was inserted, insert another VCF film. Use one VCF for each act of intercourse. Several VCFs may be used in a day.
- If douching is desired, always wait at least 6 hours after intercourse before douching. It is important that you follow the instructions carefully, otherwise, as with any contraceptive, reliability cannot be assured.

For additional information about VCF as a birth control method, please visit our website at [www.apothecus.com](http://www.apothecus.com)

Manufactured by:

**APOTHECUS**  
PHARMACEUTICAL CORP.  
Oyster Bay, NY 11771

Have any questions? Call us toll-free at 1-800-879-2393  
[www.apothecus.com](http://www.apothecus.com)