

## The FemCap Birth Control Method *Information and Instructions*

The FemCap works as a method of birth control by creating a physical barrier against sperm entering the cervix (opening to the uterus). It is a reusable, FDA approved, non-hormonal, and latex-free birth control device. If combined with spermicidal gel placed in the groove on the outside of the cap, it is also a chemical barrier, further decreasing the chance of sperm entering the cervix and uterus causing pregnancy. Women's Health Specialists provides FemCap fittings and prescriptions in our clinics. FemCaps require a prescription in the United States and then can be ordered from FemCap Inc.

### Advantages of the FemCap:

- Controlled by the woman
- Can be inserted up to 40 hours before sex
- Does not alter menstrual cycle
- The cap is reusable
- Cap is latex-free and hypoallergenic
- Does not change your body's natural chemistry
- Is instantly reversible – when you're ready to get pregnant just stop using it.

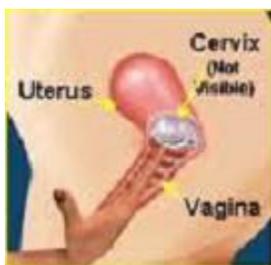
### Disadvantages of the FemCap

- Possible allergies/sensitivity to silicone or spermicide



### Tips for Use: We suggest that you:

- Practice insertion and check to make sure the cap is covering the cervix.
- Squatting can make your cervix easier to feel.



- Check cap placement after intercourse the first few times to make sure it hasn't slipped off the cervix during intercourse. If this happens you may need a different sized cap.
- If your partner feels the cap during intercourse, you may want to try a different position.
- You may want to use emergency contraceptives if the cervical cap was not used or if it slipped off the cervix during intercourse.
- You may want to order a self-help kit from Women's Health Specialists. It contains a speculum, mirror, and flashlight so you can look at your cervix in addition to feeling it.

Women's Health Specialists recommends watching the online instructional video about using your FemCap which can be found at [www.femcap.com/english-instruction-video.html](http://www.femcap.com/english-instruction-video.html). There are links to German, Spanish and Italian versions of the video.

### Instructions for Use:

1. Use a backup method of contraception during the learning phase
2. Inserting the cap before sexual arousal may make it easier to feel your cervix. Women's cervixes tend to pull back further in the vagina with sexual arousal.
3. Check the cap's position before use; for repeat intercourse apply a small amount of spermicide on a fingertip, insert it deep into the vagina, and without removing the cap make sure it is still covering your cervix.
4. The company that manufactures the FemCap recommends using spermicidal gel in conjunction with the FemCap. The FemCap may be inserted 40 hours or less before intercourse and **must be left in place for at least 6 hours after intercourse**. Leaving the cap in place for at least six hours from the last intercourse allows enough time for all of the sperm to die.
5. Put most of the spermicide in the groove between the dome and the brim of the FemCap, facing the vaginal opening, to expose sperm to the spermicide upon entering the vagina.



### Care of your cap:

Wash the cap with anti-bacterial soap, dry it, and return it to its container.

### Effectiveness in preventing pregnancy:

The range of effectiveness may be from 86% - 92%.

An early version of the FemCap was found to have an effectiveness rate of 86% for women who had never had a vaginal birth and 71% for women who had a vaginal birth. The manufacturers of FemCap made changes to the design of the cap to address the issues women were having with fit, placement, and removal. The new version of the cap is the version approved by the FDA. In a smaller follow up study, the effectiveness rate was 92%.

The manufacturers of the FemCap claim that if the following 7 requirements for perfect use are met, the effectiveness increases to 96-98%:

1. Consistent and correct use of the FemCap every time before having intercourse
2. Viewing of the instructional video on the FemCap at [www.FemCap.com](http://www.FemCap.com) prior to use
3. Using a backup method of contraception during the learning phase
4. Inserting the cap before sexual arousal. This may aid placement by making it easier to feel your cervix.
5. Checking the cap's position before use; for repeat intercourse apply a small amount of spermicide on a fingertip, insert it deep into the vagina and check the position of the cap without removing it.
6. Leaving the cervical cap in place for at least six hours after the last act of intercourse to allow time for all sperm to die before you remove your cap
7. Using emergency contraceptives if the cervical cap was not used or if it slipped off the cervix during use

### How to Order a FemCap from the manufacturer:

Once you have had a fitting and obtained a prescription from the clinic, you can buy the FemCap from the FemCap company directly at [www.femcap.com](http://www.femcap.com). If you do not have internet access you can call the company at 858-481-8837 or ask your healthworker for a FemCap mail order form.

**For more information on this and other women's health issues go to our website at [www.cawhs.org](http://www.cawhs.org) or call us at (800) 714-8151.**