Counseling/Educational Information:
BARRIER METHODS OF BIRTH CONTROL
(Diaphragm, Sponge, Condom, Spermicides)

CLIENT NAME: ____________________________________  MR#: _________________________  Date:______________________

I understand that the use of Barrier Methods of Birth Control (Diaphragm, Sponge, Condom, Spermicides) do not guarantee 100% effectiveness against unwanted pregnancy if not used appropriately. I have been advised to return to the clinic at any time to discuss side effects, other problems or concerns.

I understand that Barrier Methods of Birth Control (Diaphragm, Sponge, Condom, Spermicides) do not protect me from sexually transmitted diseases. Condom use is strongly recommended for prevention of sexually transmitted diseases.

**Spermicides:**

The following advantages and adverse effects have been reviewed with me by my clinician:

<table>
<thead>
<tr>
<th>ADVANTAGES</th>
<th>SIDE EFFECTS</th>
</tr>
</thead>
</table>
| • Easy to use  
• Can be obtained without a prescription  
• Has no effect on woman’s natural hormones  
• Can be used while breastfeeding | • Possible Allergic reaction to the spermicide  
• Vaginitis  
• Increased risk of getting HIV from an infected partner |

**Condoms:**

The following advantages and adverse effects have been reviewed with me by my clinician:

<table>
<thead>
<tr>
<th>ADVANTAGES</th>
<th>SIDE EFFECTS</th>
</tr>
</thead>
</table>
| • Provide the best available protection against STD  
• Easily accessible  
• Has no effect on women’s natural hormones  
• Can be used while breastfeeding  
• Female condom can be inserted up to 8 hours before sex | • Possible allergic reaction to latex or polyurethane |

**Sponge:**

The following advantages and adverse effects have been reviewed with me by my clinician:

<table>
<thead>
<tr>
<th>ADVANTAGES</th>
<th>SIDE EFFECTS</th>
</tr>
</thead>
</table>
| • Can be obtained without a prescription  
• Has no effect on woman’s natural hormones  
• Each sponge contains enough spermicide for repeated acts of intercourse during a 24 hour period  
• Can be used while breastfeeding beginning 6 weeks after childbirth | • Possible toxic shock syndrome  
• Frequent use of spermicides can increase the risk of getting HIV from an infected partner  
• Vaginal irritation  
• Possible Allergic reaction to polyurethane, spermicides, or sulfites found in the sponge |

**Diaphragm:**

The following advantages and adverse effects have been reviewed with me by my clinician:

<table>
<thead>
<tr>
<th>ADVANTAGES</th>
<th>SIDE EFFECTS</th>
</tr>
</thead>
</table>
| • Has no effect on woman’s natural hormones  
• Can be used while breastfeeding beginning 6 weeks after childbirth | • Frequent use of spermicides can increase the risk of getting HIV from an infected partner  
• Increased risk of toxic shock syndrome if the diaphragm is left in for more than 24 hours |
• Can be inserted 2 hours before sex
• May increase the risk of urinary tract infection
• Possible Allergic reaction to latex or the spermicide

I have been advised by my clinician, to call the clinic or go the nearest emergency center if any of the following symptoms occur:
  • Signs of infection or allergic reaction

I have discussed with my clinician the use of **Barrier Methods of Birth Control (Diaphragm, Sponge, Condom, Spermicides)**. My clinician has answered all my questions.

_________My initials indicate that I understand the counseling/education provided to me and I have received educational material.