

Advice about Gygel and how it works

Contraception and Sexual Health

Patient Information Leaflet

Gygel and how it works

Gygel contains nonoxinol-9 which is a spermicidal (kills sperm) and is used by females in combination with barrier contraceptive methods such as caps and diaphragms.

Before using Gygel

Do not use if you are allergic or sensitive to any of the ingredients. Seek medical advice prior to use if you have no sensation in the vagina or have no sensation in your body or lower-body.

Possible side-effects

Reactions may include pain, irritation and/or redness of the vagina or penis, discomfort, burning sensation, itching, dryness and rash. If affected, seek medical advice.

Risk of HIV transmission

Damage to the lining of the vagina is also a possible side-effect. This may increase the risk of HIV transmission.

How to use Gygel

Spread the gel evenly over the inner surface and along the outside rim of the diaphragm prior to vaginal insertion and sexual intercourse. A vaginal applicator should be used to insert more gel into the vagina (without removing diaphragm) if further sexual intercourse takes place. The diaphragm should be left in place for at least six hours (but no longer than 24 hours) after sexual intercourse.

Pregnancy and breast-feeding

You should not use Gygel if you are pregnant or think you may be pregnant. Seek medical advice prior to using Gygel if you are breast-feeding.

Other important information

- Keep Gygel out of the reach and sight of children.
- Do not use Gygel after the expiry date printed on the pack.
- Do not use Gygel if the tube is damaged.
- Gygel should be stored in the original package to protect from light and below 25°C.

If you have any questions or if there is anything you do not understand about this leaflet please contact:

Contraception and Sexual Health Services
Brierley Hill Health and Social Care Centre
Venture Way, Brierley Hill
Phone: 01384 321480

Tuesday/Wednesday: 10am to 5.30pm.
Thursday: 9:00am to 9:00pm.
Friday: 9:00am to 12:30pm.

01384 366466 Mondays 9:30am to 8:30pm

Please contact your G.P or A & E at other times.

Alternatively you can find information on the
Family Planning Association website:
www.fpa.org.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफरमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઇન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

आपनि यदि এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاءا اتصل بمتسق المعلومات للمريض
0800 0730510 على التالفون Information Co-ordinator

مب ضرورت اس ليף ليٹ کو اپنا زبان (اردو) میں حاصل کرنے کے لئے براہ مہربانی ٹیلیفون نمبر **0800 0730510** پوزیٹ انفارمیشن کو-آورڈینٹر (مريضوں کے لئے معلومات کی فراہمی کے سلسلے میں انٹر) کے ساتھ رابطہ کریں۔

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