

**Failure rate:
16%**

5: SPONGE

Disk-shaped, foam device that contains spermicide. Sponges can be purchased over-the-counter. Before intercourse, the sponge is moistened with water and then inserted into the vagina.

After intercourse, the sponge should be left in place for at least 6 hours but not more than 30 hours. Sponges are thrown away after use. The sponge does NOT protect against STIs.

