



# Plan A™ Gel

(Non- hormonal Contraceptive Gel)

Lactic acid BP 1.8% , Citric acid BP 1% &  
Potassium bitartrate USP 0.4%

## Composition

**Plan A™** gel: Each gm gel contains Lactic acid BP 18 mg, Citric acid BP 10 mg & Potassium bitartrate USP 4 mg.

## Pharmacology

In vitro studies showed that a pH lowering effect and sperm motility reduction contribute to the activity of **Plan A™** in the vagina. Systemic exposures of Lactic Acid, Citric Acid and Potassium Bitartrate following vaginal administration of **Plan A™** are not expected to lead to safety concerns. In vitro studies with commonly used vaginal preparations (Miconazole, Metronidazole, Tioconazole, and a product for maintaining normal vaginal pH) showed no significant effect on the pH or buffering capacity of **Plan A™**.

## Indication

**Plan A™** is indicated for the prevention of pregnancy in females of reproductive potential for use as an on-demand method of contraception.

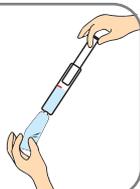
## Dosage and Administration

Administer 5 gm gel of **Plan A™** vaginally by the provided applicator immediately before (or up to one hour before) each episode of vaginal intercourse. May be used during any part of the menstrual cycle or as directed by the physician.

How to use **Plan A™** gel: Follow the instructions in the diagrams below-

1. Screw the applicator onto the tube in place of the cap.

2. Squeeze the tube gently at its lower end, so as to fill the applicator at 5 gm mark. Unless prescribed by the physician, the applicator must be completely filled up to 5 gm.



3. After taking measured amount of gel, remove the applicator from the tube, which should be closed immediately with the cap.

4. In a lying down position, with knees raised and spread apart, delicately insert the applicator in to the vagina as deeply as possible. Push the piston to penetrate gel completely, then pull out the applicator without touching the piston.



## Contraindication

Avoid **Plan A™** gel use with vaginal rings.

## Warning & Precautions

Cystitis & Pyelonephritis: Avoid use in women with a history of recurrent UTI or urinary tract abnormalities.

## Pregnancy and Lactation

*Use in pregnancy:*

Discontinue **Plan A™** gel during pregnancy.

*Use in lactation:*

There are no data on the presence of lactic acid, citric acid and potassium bitartrate or their metabolites in human milk.

## Adverse Effects

Most common adverse reactions were vulvovaginal burning sensation, vulvovaginal pruritus, vulvovaginal mycotic infection, urinary tract infection, vaginal discharge etc.

## Drug Interactions

No drug interaction is found.

## Storage Condition

Store below 25°C. Protect from light. Keep all medicine out of children's reach.

## How Supplied

**Plan A™** gel : Each box contains 2 alu tubes (5 gm each) with 2 applicators.

One applicator will be used for one time. Discard applicator after use.

Always wash your hands with mild soap and warm water before use.

Manufactured by



**SQUARE**  
PHARMACEUTICALS LTD.  
BANGLADESH