



What Female GLP-1 Users Need to Know This Valentine's Day: Your Medication Could Make Your Oral Birth Control Fail

Evofem advises: Sexually active women who recently started or increased their GLP-1 dose should use backup contraception on Valentine's Day

SAN DIEGO, February 4, 2026 – Millions of women take GLP-1 medications, like Ozempic®, Mounjaro® and Wegovy®, unaware of the risk of unintended pregnancy. Women's health innovator [Evofem Biosciences, Inc.](#) (OTCID: EVFM) is cautioning sexually active women that if they started on a GLP-1 medication, or increased the dose, on or after January 14, 2026, they'll need backup contraception to protect against an unintended pregnancy this Valentine's Day.

GLP-1 medications slow digestion through delayed gastric emptying, which can prevent oral birth control pills from being fully absorbed into the bloodstream, leading to reduced efficacy. The risk is highest during the first four weeks of starting a GLP-1 medication and also after increasing your dose, when side effects peak. While providers routinely discuss nausea and vomiting as common side effects, the reduced effectiveness of oral contraception—and the need for a backup option—often goes unmentioned.

"If you're on a GLP-1 and also need to prevent pregnancy, it's important to know that GLP-1s slow digestion, which can affect how well oral contraceptive pills are absorbed – especially during dose changes and when nausea and GI upset occur," said Dr. Taylor Hahn, who is double board-certified in obstetrics and gynecology and obesity medicine.

Enter [PHEXX® \(lactic acid, citric acid and potassium bitartrate\)](#), an FDA-approved contraceptive vaginal gel that works locally, not through the digestive system. Women insert the pre-filled applicator up to an hour before intercourse for on-demand coverage. It's hormone-free and fits discretely in your purse, making it the perfect option for Valentine's Day and beyond.



"PHEXX can be a really helpful option," Dr. Hahn notes. "It is a non-hormonal, on demand vaginal gel that works locally – not through your stomach – and its effectiveness isn't impacted by GLP-1s. For women who use a GLP-1, that makes PHEXX an option worth discussing with your clinician."

PHEXX is available by prescription in boxes of 12 pre-filled applicators. Visit www.phexx.com to learn more or connect with a healthcare provider for a prescription in time for Valentine's Day.

INDICATION FOR PHEXX®

PHEXX® is an on-demand method of birth control indicated for prevention of pregnancy in females of reproductive potential. PHEXX is not effective when used after sex.

IMPORTANT SAFETY INFORMATION

Rare cases (0.36%) of bladder and kidney infection have been reported. If you have a history of urinary tract problems that keep coming back, you should not use PHEXX®.

Contact your healthcare provider if you are experiencing genitourinary side effects such as vaginal burning, itching, discharge, genital discomfort (including in male partners), yeast infection, urinary tract infection or bacterial vaginosis.

PHEXX does not protect against any sexually transmitted infections, including HIV. Avoid using PHEXX with a vaginal ring.

Avoid PHEXX if you or your sexual partner is allergic to lactic acid, citric acid, potassium bitartrate, or any of the ingredients in PHEXX. Stop using PHEXX if you develop an allergic reaction.

For more information about PHEXX, talk to your healthcare provider and see full [Product Information](#).

Please report side effects by contacting Evofem Biosciences® toll-free at [1-833-EVFBIO](tel:1-833-EVFBIO) or contact FDA at [1-800-FDA-1088](tel:1-800-FDA-1088) or www.fda.gov/medwatch.

About Evofem Biosciences

Evofem Biosciences, Inc. is commercializing two FDA-approved sexual and reproductive health products:

- **PHEXX®** (lactic acid, citric acid, and potassium bitartrate) - the first and only hormone-free, on-demand prescription contraceptive vaginal gel. Visit phexx.com to learn more and for important safety information.
- **SOLOSEC®** (secnidazole) 2 g oral granules - an FDA-approved oral antibiotic for the treatment of two sexual health diseases: bacterial vaginosis (BV), a common vaginal infection, in females 12 years of age and older, and trichomoniasis, a common sexually transmitted infection (STI), in people 12 years of age and older.

SOLOSEC provides a complete course of therapy in just one dose.
Visit solosec.com to learn more and for important safety information.

PHEXX® and SOLOSEC® are registered trademarks of Evofem Biosciences, Inc.

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