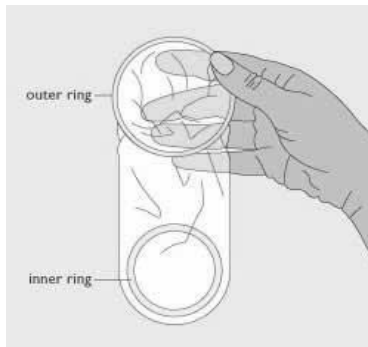


## Female condom instruction

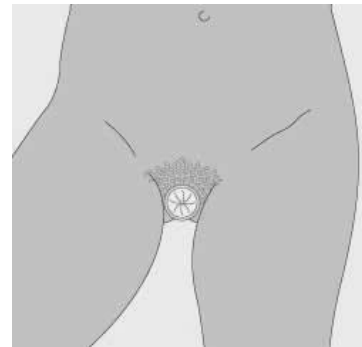


Always check the date on the package. If you have opened the package, rub the condom to spread the lubricant.

The outer ring of the female condom covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place during intercourse.



While holding the sheath at the closed end, grasp the flexible inner ring and squeeze it with the thumb and second or middle finger so it becomes long and narrow.

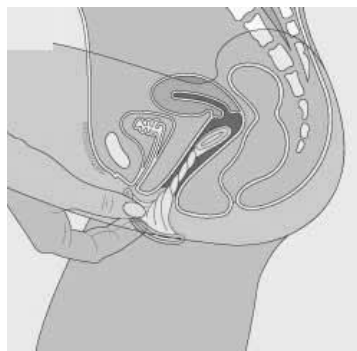


Choose a position that is comfortable for insertion; squat, raise one leg, sit or lie down. Gently insert the inner ring of the condom into the vagina as far as it will go.

The condom should *not* be twisted.



When you are ready, gently guide your partner's penis into the opening of the sheath with your hand to make sure that it enters properly; be sure that the penis slips into the sheath and not between the sheath and the vaginal wall.



To remove the female condom, twist the outer ring and gently pull the condom out.



Wrap the condom in the package or in tissue, and throw it in the garbage. Do not put it into the toilet.

## Female condom instruction

### What can go wrong?

#### What can go wrong?

- **Occasionally, female condoms can slip out**, just as a male condom can slip off a penis.
- **When entering the vagina the penis can be inserted in between the condom and the vagina wall**, instead of IN the condom. So pay good attention when the penis enters the vagina, it enters IN the female condom, and not outside

#### What to do when it went wrong?

If something went wrong during sexual intercourse, you and your partner should visit a health clinic to discuss emergency contraception (only applicable within 72 hours after the incident) or get a pregnancy test. You and your partner both need to get tested for STIs and HIV.

#### What more you should know....

- Never use a male condom and female condom together. The friction may cause both condoms to tear!
- Use a female condom only once.
- Use a condom with extra lubricant for anal sex.
- Use water-based lubricant. Oil will damage the rubber.
- Keep a condom away from heat and light. This can dry the condom out and it might tear easily.
- Don't use oils or lotions with a condom. Oils and lotions weaken condoms and make them more susceptible to tearing.

### Advantages of a female condom:

- **More pleasure for both:** For men the sensation is closer to that of sex without a condom, because female condoms do not fit tightly around the penis as male condoms do. For women the outer ring may stimulate the clitoris.
- **No interruption:** Some female condoms (FC2 and Woman's Condom) can be inserted several hours before the sexual act takes place, so **foreplay does not need to be interrupted**.
- **Better STI protection than male condom:** the female condom covers the skin around the vulva, so it protects when there are warts or sores.
- **Women are in control** when they use them, they don't have to rely on men. The use of male condoms often has to be negotiated over and over again and relies on the cooperation of men. Female condoms have to be negotiated only once. Qualitative studies find an increased sense of power for negotiation of safer sex, and a greater sense of control and safety during sex, among women using female-condoms.
- **No side effects:** Female condoms have no side effects, are a reversible form of contraception, and can be used without seeking a health-care provider.