

All about Female Condoms

The female condom is a soft, thin plastic sleeve that can help protect you from pregnancy.

A woman puts a new female condom in her vagina every time she has sex. The man's sperm stay inside the condom and cannot get to the woman's egg.

What is a Female Condom?

The condom for women is made of soft, thin plastic. It has a firm, flexible ring at each end. It comes in one size that fits most women.

The woman puts the smaller ring inside the vagina. It helps hold the condom in place. The other ring stays outside the vagina.

The female condom comes with a tube of gel, called lubricant. Use the gel to make it easier to put the female condom in the vagina.

How well does it work?

The female condom works well if it is used the right way every time the woman has sex. Only about 5 women out of 100 may get pregnant in one year.

But as many as 21 out of 100 women could get pregnant in a year if it is not used the right way every time.

Where can I get a Female Condom?

You can get condoms for women from your Family PACT provider. Or you can buy them at a drugstore or supermarket.

What do women like about using it?

- ◆ It does not cause health problems.
- ◆ You can put it in ahead of time.

What do some women dislike?

- ◆ It may seem hard to handle at first.
- ◆ Some people don't like how the outer ring looks outside the vagina.
- ◆ Some may be allergic to the plastic in the condom.

How do I use it?

Your Family PACT provider can help you learn how to use the female condom. **Use a new condom every time you have sex.**

- ◆ Wash your hands with soap and water.
- ◆ Put a few drops of the gel it comes with onto the outside of the condom.
- ◆ Squeeze the smaller, inner ring together.
- ◆ Put the condom into your vagina. With your finger, push the inner ring in as far as it will go. The outer ring stays outside the vagina.
- ◆ Guide the penis through the outer ring.

To take the female condom out:

- ◆ Squeeze and twist the outer ring to keep the sperm inside the condom. Pull out gently.
- ◆ Throw the condom away. Do not flush it in the toilet.
- ◆ Don't use it again. You can only use it one time.

Make the Female Condom work for you.

- ◆ **Put the female condom in before the penis is put in or near your vagina or anus.** Even when you have anal sex, sperm can get into the vagina.
- ◆ **Do not take the inner ring out of the condom.** The ring helps keep the condom in place while you have sex. If you take it out, the condom won't work as well.
- ◆ **Don't use a man's condom at the same time.** If you do, both condoms may not stay in place or they may stick together.
- ◆ **It doesn't tear easily, but** watch for jewelry or fingernails.
- ◆ **Check expiration dates on the condoms.** They may not work as well after that date.

Tips for using the Female Condom

Use a new condom:

- ◆ If you have sex again.
- ◆ If the condom tears.
- ◆ If the outer ring gets pushed inside the vagina.
- ◆ If the penis starts to go to one side of the outer ring instead of through it.

Use more gel:

- ◆ If you need it to feel more comfortable.
- ◆ If the condom moves during sex.
- ◆ If the condom sounds noisy when you have sex.

**Female Condoms will help
protect you from HIV
(the virus that causes AIDS)
and other diseases people get
from having sex.**