

FC female condom** is a strong soft, transparent sheath, made of polyurethane or synthetic nitrile, is 17 centimetres long (about 6.5 inches, the same length as a male condom) with a flexible ring at each end.

- FC female condom is inserted into the vagina prior to sexual intercourse and provides protection against both pregnancy and sexually transmitted infections (STIs) including HIV/AIDS.
- The inner ring aids insertion and secures the device in place during vaginal intercourse while the softer outer ring remains outside the vagina.
- It forms a barrier between the penis and the vagina, cervix and external genitalia thereby providing additional protection.
- It can be inserted up to 8 hours before intercourse so will not interrupt sexual spontaneity.
- It is not dependent on the male erection and does not require immediate withdrawal after ejaculation.
- FC is not tight or constricting.
- FC has no serious side effects associated with its use and causes few if any allergic reactions.
- FC is strong, odourless and unlike the male condom, may be used with both oil and water based lubricants.
- It does not deteriorate in high temperatures or humidity so FC does not require special storage conditions.
- It is as effective as other barrier methods when used correctly and consistently.
- With FC sexual intercourse feels sensitive and natural.

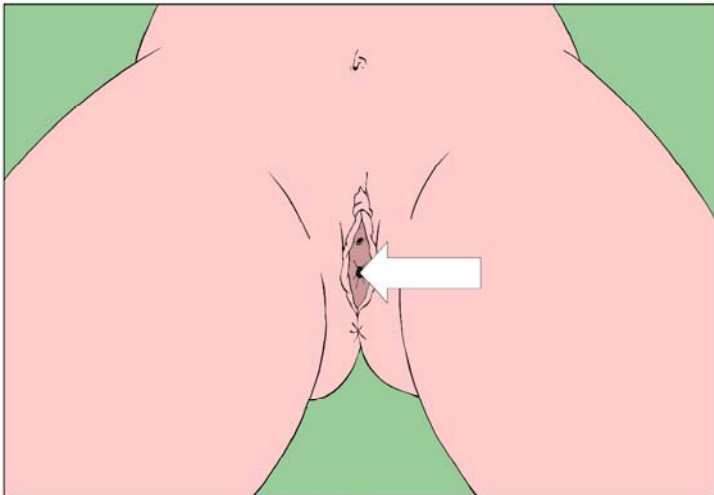
** There is now a second generation female condom, FC2, which is made of synthetic nitrile. Studies show that FC2 is equivalent to FC female condom made of polyurethane in terms of safety, efficacy and use. Based on these findings, all educational outreach material, such as insertion instructions, advantages for use and overall acceptability pertaining to the polyurethane FC are also relevant and pertinent to FC2.



1. Check expiry date
2. At arrow tear downwards
3. remove and spread lubrication from the pack
4. Hold the inner ring between thumb and forefinger
5. Form a figure of eight with the inner ring
or
squeeze the sides of the inner ring together
and grasp it firmly



1. **Decide on a comfortable position to insert FC.**
2. **This can be done in three positions:**
 - Sitting;**
 - Squatting or**
 - Lying down**



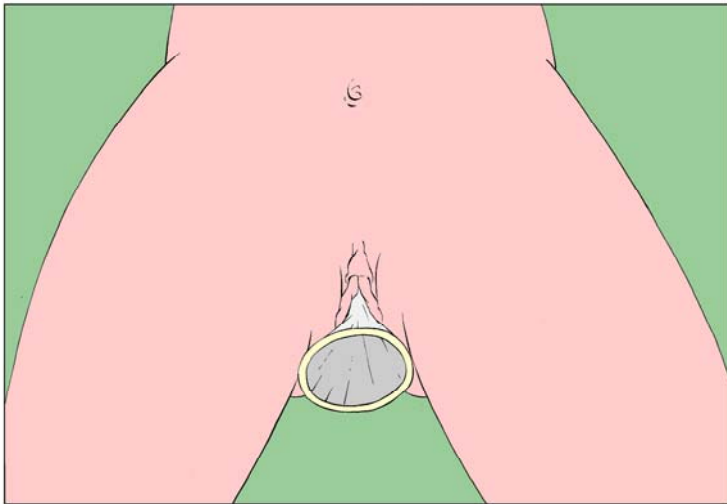
**Locate the opening of the vagina
and
separate the outer lips**



Now push the inner ring up into the vagina as far as possible.

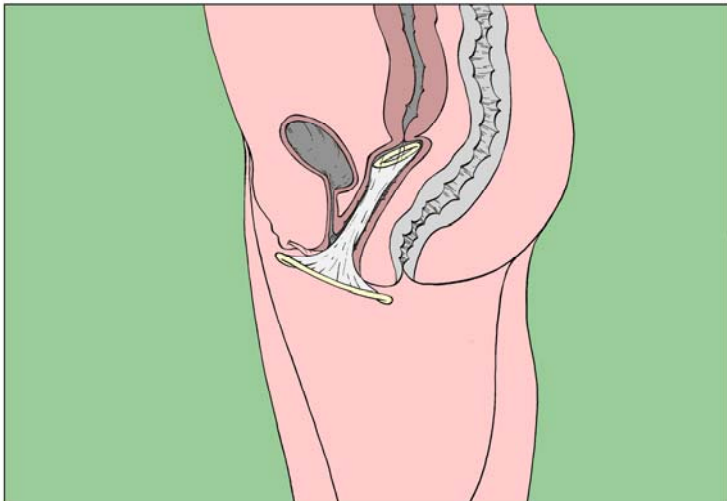
Insert index or middle finger into FC.

This will become easier with practice.



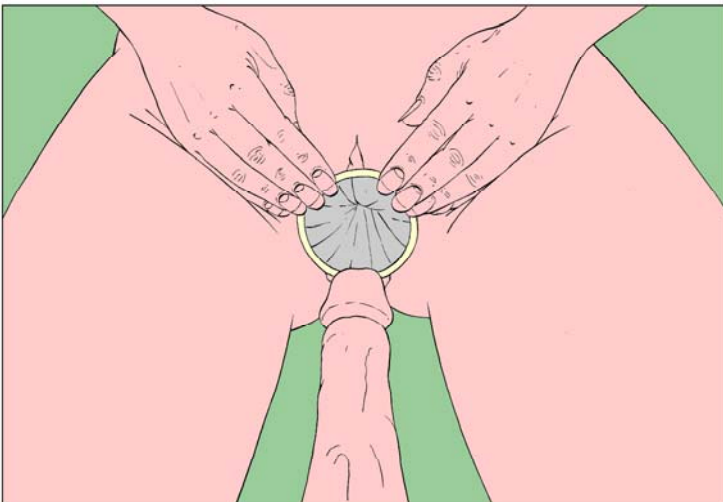
About 1 inch of the sheath including the outer ring will remain outside your body.

Once the penis enters the vagina this slack will decrease. However the outer ring should remain outside the vagina protecting the external genitalia.



FC female condom lines the inside of the vagina covering the cervix.

The cervix is a closed space so FC female condom cannot disappear inside the body.



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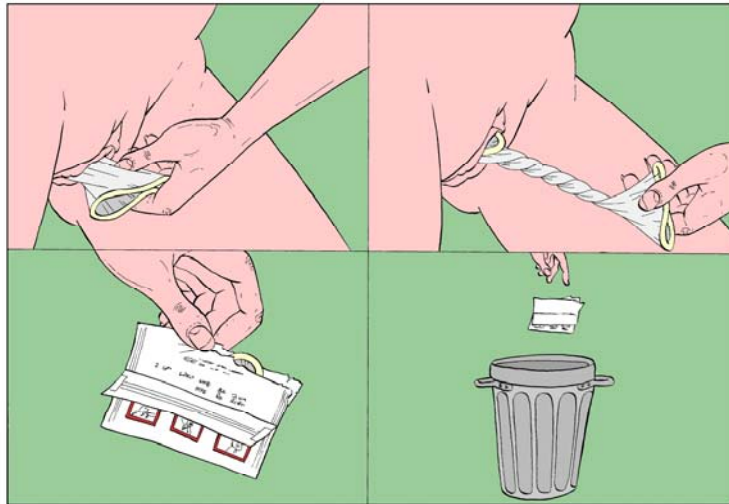


There is a possibility that on entering the vagina the penis will push the outer ring into the vagina or the penis will enter to the side between the sheath and the vaginal wall.

If either of the above happens STOP!

Remove the penis. Adjust the outer ring until it is once more outside the vagina.

Only then continue to guide the penis into FC.



To take out FC female condom, grasp the outer ring, twist FC to seal in the fluid and gently remove.

Place the condom in a tissue or in the empty package and throw it into the rubbish.

Do not put it into the toilet.