



# What is FC<sup>®</sup> Female Condom?

FC female condom is a strong, soft, transparent polyurethane sheath that is 17 centimetres long (about 6.5 inches, the same length as a male condom) with a flexible ring at each end. It 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 intercourse while the softer outer ring remains outside the vagina.



## FC female condom

- Provides both men and women with an additional choice to prevent unintended pregnancies and protect themselves from STIs, including HIV/AIDS
- Forms a barrier between the penis and the vagina, cervix and external genitalia, thereby providing additional protection
- **Latex Free!** Is stronger than latex, odourless and causes no allergic reactions and, unlike latex, may be used with both oil and water based lubricants
- Can be inserted up to 8 hours before intercourse so will not interrupt sexual spontaneity; is not dependent on the male erection and does not require immediate withdrawal after ejaculation
- Conducts/retains heat, so sexual intercourse can feel very sensitive and natural
- Is not tight or constricting
- Is the only new prevention technology invented and approved since the advent of the HIV/AIDS epidemic and the sole female initiated protective method currently available

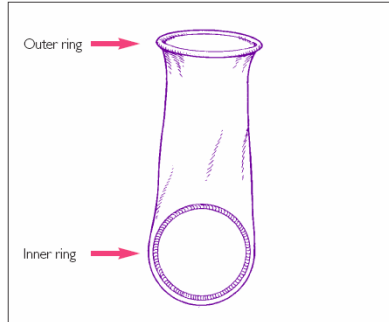
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*FC female condom is not difficult to use but it may take some practice to become comfortable with it. Women should practice putting it in and removing it prior to using it for the first time during sexual intercourse. Insertion becomes easier with time – try it at least 3 times before making any decisions.*



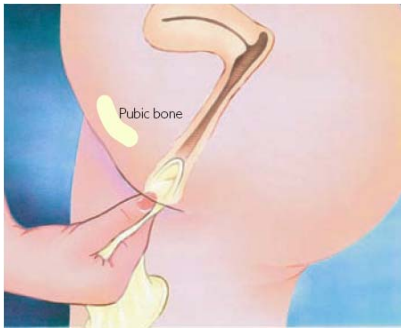
1. Open the package carefully by tearing the notch on the top right of the package. Do not use scissors or a knife to open.



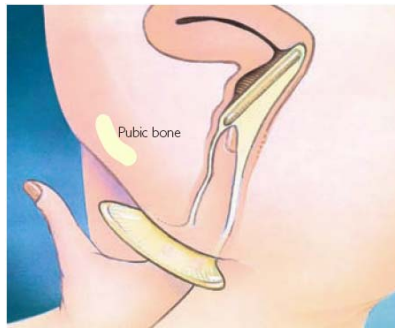
2. The outer ring covers the area around the opening of the vagina. The inner ring is used for insertion and to hold the sheath in place during intercourse.



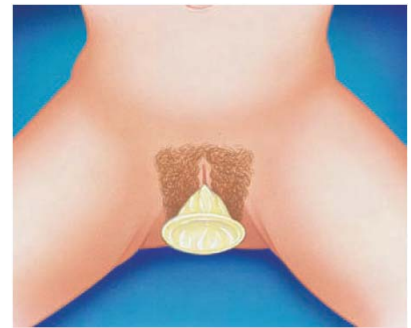
3. Hold the sheath at the closed end, grasp the flexible inner ring and squeeze it with the thumb and middle finger so it becomes long and narrow.



4. Choose a position that is comfortable for insertion – squat, raise one leg sit or lie down. Gently insert the inner ring into the vagina. Feel the inner ring go up and move into place.



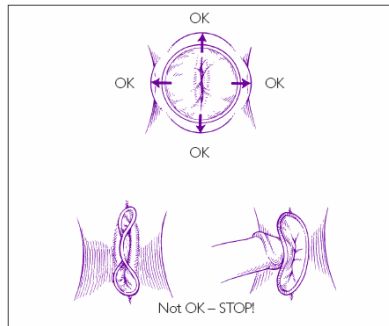
5. Place the index finger on the inside of the condom, and push the inner ring up as far as it will go. Be sure the sheath is not twisted. The outer ring should remain on the outside of the vagina.



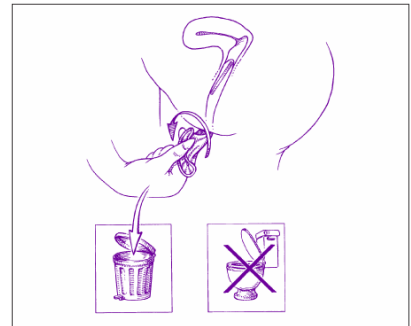
6. FC female condom is now in place and ready for use with your partner:



7. Gently guide your partner's penis into the sheath's opening using your hand to make sure that it enters properly.



8. Be sure that the penis is not entering on the side, between the sheath and the vagina wall.



9. To remove the condom, twist the outer ring and gently pull the condom. Wrap the condom in the package or in a tissue and throw it in the garbage. Do not put in the toilet.