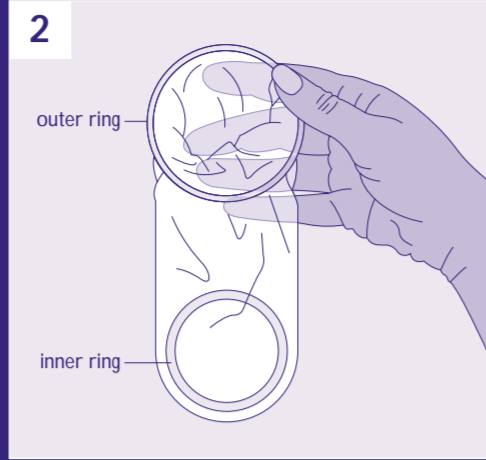


How to use



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



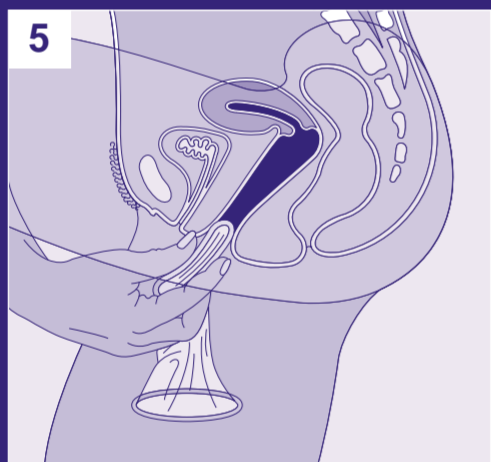
2 The outer ring covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place during intercourse.



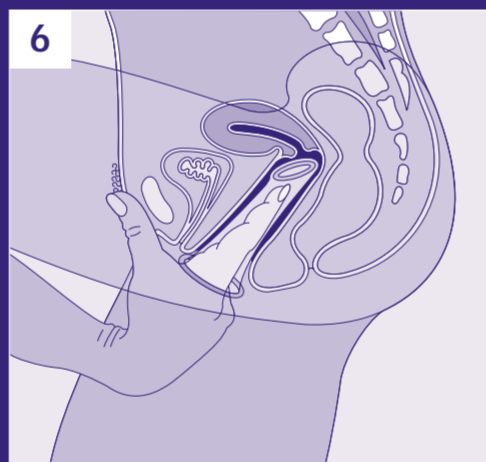
3 While holding the sheath at the closed end, grasp the flexible inner ring and squeeze it with the thumb and second or middle finger so it becomes long and narrow.



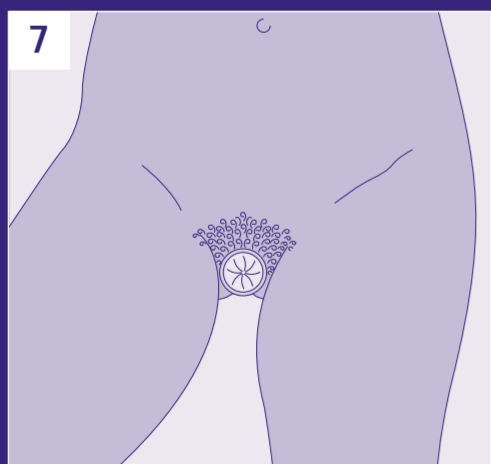
4 Choose a position that is comfortable for insertion – squat, raise one leg, sit or lie down.



5 Gently insert the inner ring into the vagina. Feel the inner ring go up and move into place.



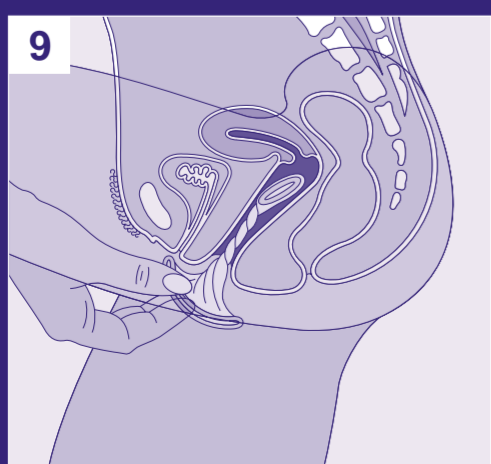
6 Place the index finger on the inside of the condom, and push the inner ring up as far as it will go. Be sure the sheath is not twisted. The outer ring should remain on the outside of the vagina.



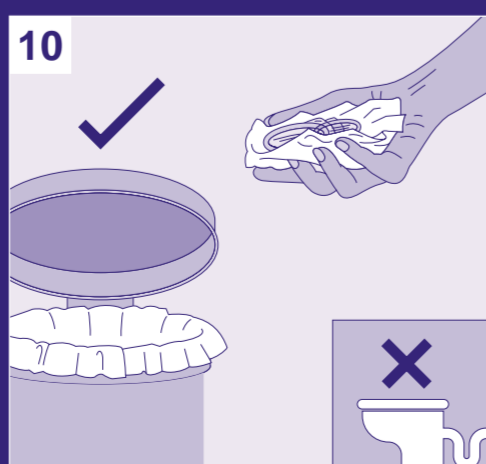
7 The female condom is now in place and ready for use with your partner.



8 When you are ready, gently guide your partner's penis into the sheath's opening with your hand to make sure that it enters properly – be sure that the penis is not entering on the side, between the sheath and the vaginal wall.



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



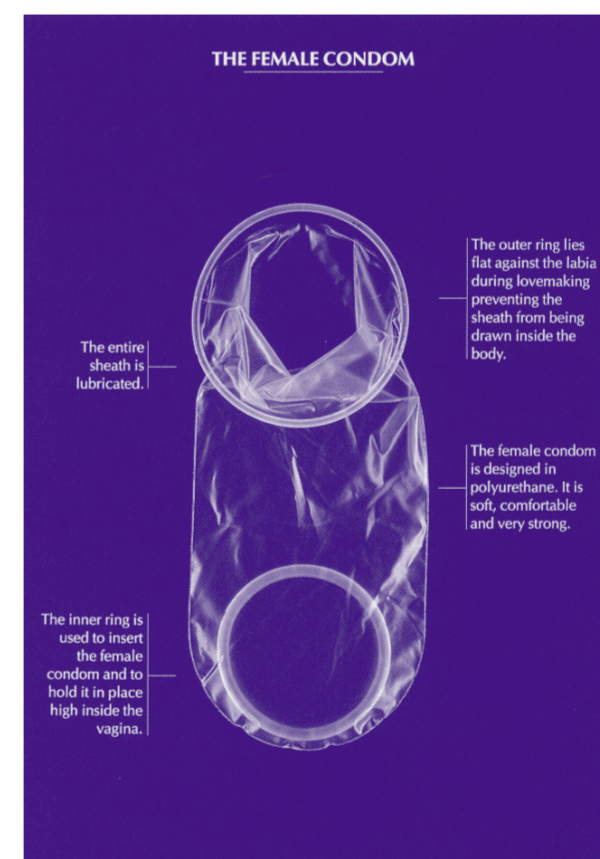
10 Wrap the condom in the package or in tissue, and throw it in the garbage. Do not put it into the toilet.



FC Female Condom



FC Female Condom® is the first and only female-initiated barrier method, is safe and effective if used correctly and consistently, has high acceptability among both women and men in many countries, and provides dual protection against both unplanned pregnancy and the transmission of sexually transmitted infections (STIs), including HIV/AIDS.



What is it?

FC Female Condom is made from the plastic polyurethane. Polyurethane:

- Is thin, soft, odourless, and stronger than latex, which is used to make most male condoms.
- Conducts heat, so sexual intercourse can feel very sensitive and natural.
- Does not cause allergic reactions.
- Does not deteriorate in high temperatures or humidity, so the female condom does not require special storage conditions.

FC Female Condom is 17 centimetres long (about 6.5 inches) and has a flexible ring at each end of the sheath:

- The inner ring at the closed end is used to insert the female condom and to hold it in place inside the vagina. The inner ring slides in place behind the pubic bone.
- The outer ring at the open end is soft and remains on the outside of the vagina during intercourse. It covers the area around the opening of the vagina (the vulva) and can be pleasurable for men as well as for women.

FC Female Condom comes pre-lubricated. The lubricant:

- Is non-spermicidal and silicone-based.
- Makes insertion easier and makes intercourse smoother.
- Users can add more lubricant—oil-based and water-based lubricants as well as spermicides.

FC Female Condom:

- Provides women and men with an additional choice to protect themselves from both unplanned pregnancy and the transmission of STIs, including HIV/AIDS.
- Protects the vagina, cervix and external genitalia, affording extensive barrier protection.
- Loosely lines the vagina; it is not tight or constricting.
- Has no serious side effects associated with its use.
- Can be inserted before intercourse and is not dependent on the male erection, so it will not interrupt sexual spontaneity.
- Does not need to be removed immediately after ejaculation.
- Does not require a prescription or the intervention of a health care provider.
- Is recommended to be used only once.

For more information, contact the Female Health Company, your local health service or your FC Female Condom distributor:

E-mail: info@femalecondom.org **Website:** <http://www.femalecondom.org>
info@femalehealth.com <http://www.femalehealth.com>

In the US: Tel: +1-800-635-0844 **In the UK:** Tel: +44-20-8965-2813 **Local contact:**
 Fax: +1-312-595-9122 Fax: +44-20-8453-0324