



## ALL ABOUT THE INTERNAL CONDOM



### What is an internal condom?

The internal condom (female condom) is a soft, thin plastic sleeve. It has a firm flexible ring at each end. It comes in one size that fits most people. The person puts the smaller, thick inner ring with the closed end inside the vagina. It helps hold the condom in place. The thin, outer ring with the open end stays outside the vagina.

Some internal condoms come with a tube of gel, called lubricant. Other internal condoms come pre-lubricated. The gel makes it easier to put the internal condom inside the vagina.



### How does the internal condom work?

A person puts on a new internal condom in the vagina every time they have sex. The sperm stay inside the condom and cannot get to the egg and cause a pregnancy. The internal condom can be used for vaginal and anal sex.

79%  
EFFECTIVE

### How well does the internal condom work?

About 21 in 100 sexually active women who use the internal condom get pregnant in the first year with typical use.



### How can I get the internal condom?

You can get internal condoms from your Family PACT provider, or you can buy them at a drug store or supermarket.



### What do people like about the internal condom?

- » It does not cause health problems.
- » It does not contain any hormones.
- » It protects you from HIV and other sexually transmitted infections (STIs).
- » You don't need medical help to use it.
- » It can be inserted up to 8 hours prior to having sex.
- » People may enjoy sex more because they feel safe knowing that they are in control of their sexual and reproductive health.
- » Partners who find that external condoms are too restrictive or reduce sensation may prefer them.
- » Unlike most condoms, it is made of nitrile (a synthetic rubber) or polyurethane. Nitrile won't irritate sensitive genital skin. This makes it a good option for those with a latex allergy.



### What do people dislike about the internal condom?

- » It may seem hard to use at first and takes practice to get comfortable with it.
- » Some people don't like how the outer ring looks outside of the vagina.
- » Some people may be allergic to the plastic nitrile in the condom.
- » It can be noisy.
- » It may reduce feeling and affect sensation.
- » While there are many options available on

the market, FC2 Female Condom® is the only internal condom approved by the U.S. Food and Drug Administration (FDA). It is only available through a prescription from a provider or purchased through the [FC2 Female Condom® website](#).



## How long does the internal condom last?

Use a new internal condom each time if:

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

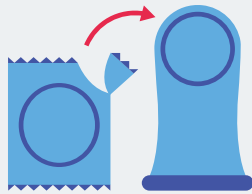


## How do I use the internal condom?

### Before Sex:

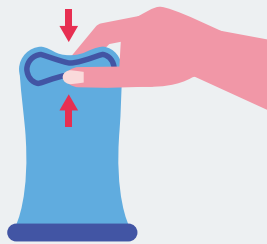
#### Step 1

Check the expiration date on the condom package. Tear the condom wrapper and take it out. Check the condom to make sure there are no rips, tears, or holes.



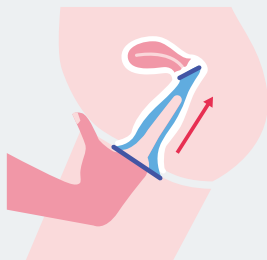
#### Step 2

Find a comfortable position. While holding the outside of the condom at the closed end, squeeze the sides of the inner ring together with your thumb and forefinger and insert it into the vagina.



#### Step 3

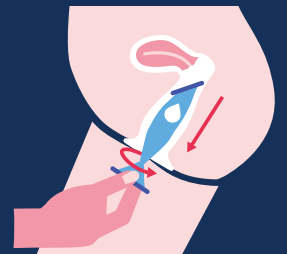
Using your finger, push the inner ring as far up as it will go until it rests up against the cervix. The condom will expand naturally, and you may not feel it. Make sure the condom is not twisted. The outer ring should remain outside the vagina.



### After Sex:

#### Step 1

To remove, gently twist the outer ring and condom out of the vagina.



#### Step 2

Throw it in the trash. Do not flush it down the toilet. Use a new condom with each sex act. Do not re-use condoms.



# How to Use Internal Condoms Successfully

## Do's



Do use a new condom each time you have sex or if you are switching between vaginal or anal sex.



Do check the expiration date and for any rips, tears, or holes.



Do use a water-based lubricant with a condom. You can apply the lubrication to the outside of the condom before you insert it in the vagina. This will help make it feel more comfortable and less likely to break.

## Don'ts



Don't store condoms where it is too warm. Heat can damage condoms. Store them in a cool and dry place.



Don't carry condoms in your wallet or purse for too long. Replace them at least once a month.



Don't use petrolatum/petroleum jelly (Vaseline) or other oil-based products. It will damage the condom.



Don't double up on condoms. Using two condoms at the same time or an external condom with an internal condom offers less protection because they can cause friction, weakening the material, and making them more likely to break.

## What to do if the internal condom breaks:



- » Emergency Contraception (EC) pills can be taken within 5 days to prevent pregnancy.
- » Your Family PACT provider can give you EC pills or a prescription for EC pills at no cost.
- » You or your sex partner can also get several types of EC pills at a pharmacy or drugstore without a prescription, parental consent, or identification document (ID), regardless of age.



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