



# TEN THINGS TO KNOW ABOUT FEMALE CONDOMS

## THE FEMALE CONDOM PROVIDES AN OPTION THAT A WOMAN CAN CONTROL.

The female condom puts a **woman in charge** of preventing not only pregnancy but sexually transmitted infections as well.

## BE SURE TO CHECK THE DATE.

Just like male condoms, female condoms do have an expiration date. **Check the date on the package** before using the condom. If the date has passed, don't use it—get a new one.

## WHEN LOOKING FOR STI PROTECTION, IT HAS YOU “COVERED”

When inserted correctly, the female condom **covers not only the vagina and cervix but also some of the labia (lips)** as well, offering additional protection against sexually transmitted infections.

## IT'S AN ALTERNATIVE TO A MALE CONDOM

... not a companion. While male and female condoms are both good options, they **shouldn't be used together**, since friction between the two can cause tearing. Additionally, the female condom shouldn't be used with NuvaRing®, a cervical cap or a diaphragm, but can be used with oral and injectible contraceptives.

## PRACTICE MAKES PERFECT

While easy to use, it **may take a few tries to feel at ease** inserting the female condom and positioning the rings correctly. Take note: if the outer ring is accidentally pushed inside the vagina, remove the ring and condom and start with a new one.

## NO NEED TO GET CAUGHT IN THE HEAT OF THE MOMENT.

With the female condom you can plan ahead. While it can be inserted right before sex, it can also be put in place **anywhere up to 8 hours beforehand**.

## LATEX ALLERGIES? NOT A PROBLEM!

The female condom is made of **nitrile, not latex**, so it offers an alternative if either partner has a latex allergy.

## NOT JUST FOR VAGINAL SEX

While recommended for vaginal sex, the female condom can be used for protection during **anal sex** as well, with a male or female partner. The Fenway Guide to Lesbian, Gay, Bisexual and Transgender Health\* has more on how to use the female condom for anal sex.

\*[www.acponline.org/acp\\_press/fenway/how-to-put-on-a-female-condom-for-anal-sex.pdf](http://www.acponline.org/acp_press/fenway/how-to-put-on-a-female-condom-for-anal-sex.pdf)

## MALE PARTNERS MIGHT FIND THE FEMALE CONDOM TO BE A GOOD “FIT”

The female condom is **roomier and looser** than a male condom, and can also stay in place **whether or not the male partner has an erection**.

## AN ADDED BENEFIT?

In addition to being a safe and secure way to prevent STIs and unwanted pregnancy, the female condom may have an **added benefit—pleasure**. During vaginal intercourse the external ring can stimulate the clitoris for added pleasure.

## USING THE FEMALE CONDOM

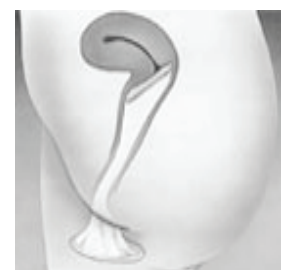
The female condom is a pouch with a soft ring on each end. The outer ring stays on the outside of the vagina and partly covers the labia (lips). The inner ring fits on the inside of the vagina to hold the condom in place.



To insert the condom, squeeze the inner ring and with your finger, push the inner ring as far into the vagina as it will go.



The outer ring stays outside the vagina.



When removing the condom after intercourse, twist the outer ring to prevent semen from spilling out. Throw the condom in the trash--never throw it on the toilet.

LEARN MORE ABOUT FEMALE CONDOMS AND OTHER  
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