

Remember, both the condom and the female condom **protect you from Sexually Transmitted Infections and HIV**. Always use them to protect yourself!



## HOW DOES THE FEMALE/INTERNAL CONDOM WORK?

- The female/internal condom is a loose tube that blocks sperm from reaching the egg. If the sperm does not reach the egg, you cannot get pregnant.
- The female/internal condom has a closed end with an inner ring that covers the cervix and an open end with an outer ring that stays outside the vagina.
- No method of birth control is 100% effective. The female/internal condom is 79-95% effective.

## WHEN DO I USE A FEMALE/INTERNAL CONDOM?

- Use a new female/internal condom each time you have sex.

## HOW DO I INSERT A FEMALE/INTERNAL CONDOM BEFORE SEX?

- Find a comfortable position (for example: lying down, standing with one leg on a chair).
- Squeeze the sides of the inner ring of the closed end and insert it into the vagina like a tampon. Push the inner ring until it reaches the cervix (it feels like the tip of your nose).
- Remove your finger and let the outer ring of the open end hang outside the vagina.

## HOW DO I REMOVE A FEMALE/INTERNAL CONDOM AFTER SEX?

- Squeeze and twist the outer ring.
- Gently pull the condom out of the vagina and throw it away.

## WHAT IF I STOPPED USING A FEMALE/INTERNAL CONDOM AND HAD UNPROTECTED SEX? WHAT IF THE FEMALE/INTERNAL CONDOM BREAKS DURING SEX?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

## HOW DOES THE FEMALE/INTERNAL CONDOM HELP ME?

- Easy to buy in a drug store
- Can be put on as part of sex play
- It has no hormones
- No need for erect penis to keep the female/internal condom in place
- Protects you from Sexually Transmitted Infections and HIV

## HOW WILL I FEEL USING THE FEMALE/INTERNAL CONDOM?

- There are no side effects. You and your partner can feel the condom during sex.
- Some people find that the female/internal condom decreases pleasure with sex. Others say it is noisy.

## DOES THE FEMALE/INTERNAL CONDOM HAVE RISKS?

- Female condoms are a safe and effective birth control method. There are no medical risks. A female/internal condom may break or slip during sex; if this happens, take EC **right away**.

