



The female condom lines the inside of the vagina covering the cervix. The cervix is a closed space so the female condom cannot disappear inside the body.



During sex, use your hand to guide the penis inside the condom.




There is a possibility that on entering the vagina the penis will push the outer ring into the vagina or the penis will enter to the side between the sheath and the vaginal wall. If either happens STOP! Remove the penis. Adjust the outer ring until it is once more outside the vagina. Only then continue to guide the penis into FC.



To take out female condom, grasp the outer ring, twist FC to seal in the fluid and gently remove. Place the condom in a tissue or in the empty package and throw into the rubbish.

Do not put it into the toilet!

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The Female Condom

BARRIER METHOD


All family planning services at Health Centres, including condoms, are FREE!

For more Information contact your Doctor, or the nearest Health Centre

Produced by
THE MATERNAL & CHILD HEALTH DEPARTMENT and UNFPA - The United Nations Populations Fund



...Your Questions Answered




Ministry of Health



Q What are Barrier Methods of Contraception?

A Barriers methods of contraception are the many ways of preventing pregnancy. Some of these methods are created for women and others for men.

- These methods include:-
- Male and Female Condoms
 - Diaphragms
 - The Sponge

Q How do these Contraceptives work?

A These contraceptives work by blocking a man's sperm from reaching a woman's egg. They are all safe and usually prevent pregnancy if they are used correctly.

Q What is the Female Condom?

A The Female Condom (FC) is a polyurethane sheath or pouch about 17 cm (6.5 inches) in length, it has two flexible rings at each end and is inserted into the vagina to cover the cervix, vaginal canal, and the immediate area around the vagina. At the closed end of the sheath, the flexible ring is inserted into the vagina to hold the female condom in place. At the other open end of the sheath, the ring stays outside the vagina protecting the vulva. This ring acts as a guide during penetration and it also stops the sheath bunching up inside the vagina.

Q How does it work?

A The female condom works by preventing the man's sperm from getting into the woman's vagina. If the sperm does not reach the woman's eggs she cannot get pregnant.

In addition it helps protect against the spread of:-

- Sexually Transmitted Infections including HIV
- Pelvic inflammatory disease in women

Note: A new condom must be used for every act of intercourse (sex)

Q How is it used?

A The female condom is placed in the vagina before having sex. The female condom should not be used at the same time as the male condom because they will not both stay in place and the friction of rubbing against each other can cause them to break.



Check expiry date on pack. At arrow tear down. Remove and spread lubrication from the package. Hold the inner ring between thumb and forefinger.



Form a figure of 8 with the inner ring **or** squeeze the sides of the inner ring together and hold it firmly.



Decide on a comfortable position to insert FC. This can be done in three positions: Sitting, squatting *or* lying down.



Locate the opening of the vagina and separate the outer lips.



Now push the inner ring up into the vagina as far as possible. Insert index or middle finger into FC. This will become easier with practice.



About 1 inch of the sheath including the outer ring will remain outside the body. Once the penis enters the vagina this slack will decrease. However the outer ring should remain outside the vagina protecting the outer private parts.