

# Female Condom

## What Is It?

The female condom is a plastic pouch that covers the cervix, the vagina, and part of the external genitals. A woman uses the female condom during intercourse to prevent pregnancy.

## How Effective Are They?

If 100 young women used a female condom every time they had sexual intercourse, typically 21 of them would become pregnant. The female condom also effectively prevents many STIs, including HIV, when used correctly every time an adolescent and her partner have sexual intercourse.

## How Does the Female Condom Work?

The condom catches the man's sperm so that it does not enter the vagina.

## Advantages

- \* Is safe and effective.
- \* **Does not require a prescription or medical examination.**
- \* Can be inserted up to eight hours before sexual intercourse.
- \* Female controlled.
- \* **Excellent option for someone who does not need ongoing contraception.**
- \* Can be used with oil-based lubricants and transfers heat, making it very sensitive.
- \* Protects against STIs/HIV.
- \* Does not alter vaginal flora and reduces the chance of irritation or allergic reaction.

## Disadvantages

- \* Costs more than the male condom.
- \* May be noisy or awkward.
- \* Sometimes negatively associated with sex workers.
- \* **Is female initiated, but requires skills to use properly and to negotiate their use with a partner.**
- \* Can be difficult to insert.
- \* Occasionally, a condom may break or slip out during intercourse.

## Possible Side Effects

Most adolescents experience no side effects. Rarely, an adolescent may experience an allergic reaction or irritation.

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## CLIENT INSTRUCTIONS

Show the client the female condom and explain the following:

### How to Use the Female Condom

- \* Check the expiration date on the condom package.
- \* Open the package carefully so the condom doesn't tear.
- \* Find the inner ring, which is at the closed end of the condom.
- \* Squeeze the inner ring together.
- \* Put the inner ring in the vagina.
- \* Push up into the vagina with a finger, the outer ring stays outside the vagina.
- \* During sex, guide the penis through the outer ring.
- \* Remove condom immediately after sex, before you stand up.
- \* Squeeze and twist the outer ring to keep the sperm inside the pouch.
- \* Pull the pouch out gently.
- \* Burn or bury the condom, do not flush it down the toilet.

### Care of Female Condoms

- \* Use each condom only once.
- \* Do not use a condom from a broken package, or if the condom is dry, sticky or the color has changed.

### Possible Side Effects

- \* Most adolescents have no side effects.
- \* Very rarely, an adolescent may experience an allergic reaction or irritation.

### Reasons to Return to Provider

- \* Anytime there is a problem (condom breaks or unhappy with method).
- \* A resupply of condoms is needed (never run out completely before returning).
- \* Either partner thinks s/he may have been exposed to a STI.

Have the Client Repeat this Information Back to You and Demonstrate Proper Condom Use.