

## Advantages of the Female Condom

Men and women like female condoms because they:

1. Are safe, easy, and convenient to use.
2. Have an outer ring that stays outside the body during sex providing expanded protection against STDs that are spread from skin-to-skin contact, like herpes.
3. Can be inserted hours **before** having sex.
4. Can be used by people who are allergic to latex.
5. Don't require an erect penis, so your partner doesn't have to pull out right after ejaculation.

### Where Can I Get Female Condoms?

Clinics (including tribal health clinics and family planning clinics), may give out free samples. Supermarkets and drugstores are also options.

### How Much Do They Cost?

Female condoms cost about \$3, but costs vary by community.



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#### For more information contact:

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### For More Information about the Female Condom and STDs:

- ❖ Contact Your Tribal Health Clinic
- ❖ Go to the Chicago Female Condom Campaign's website: [www.ringonit.org](http://www.ringonit.org)
- ❖ Contact Planned Parenthood's 24-hour hotline at 1-800-230-PLAN (7526) or visit: [www.plannedparenthood.org](http://www.plannedparenthood.org)
- ❖ Call the CDC National Hotline: 1-800-CDC-INFO
- ❖ Call the Gay, Lesbian, Bisexual and Transgender National Hotline: 1-888-843-4564

# Female Condoms



*PROJECT RED TALON*

*Respecting Our Bodies and Relationships*

**Northwest Portland Area  
Indian Health Board**

## What Are Female Condoms?

Female condoms help prevent pregnancy and sexually transmitted diseases (STDs), including HIV. They are a great safer sex option that can be used during vaginal and anal sex. Just like male condoms, female condoms are shaped like a tube, with one closed end and one open end. At each end there is a flexible ring. The inner ring at the closed end holds the female condom in the vagina.

Sometimes people choose to remove this inner ring for anal sex. It all depends on what works for you.



## How Do They Work?

Female condoms work because they cover the inside and outside of the anus or vagina. They collect pre-cum and semen when a man ejaculates. This prevents pregnancy in women and also reduces the risk of STD infections in men and women.

Female condoms are equally as effective as male condoms when used correctly.

## How To Use A Female Condom

### Before Sexual Contact

Different positions can be used to insert the female condom. Some prefer to lie on their back. Others squat or sit on the edge of a chair.

### To insert the female condom:

1. Squeeze the inner ring between your thumb and middle finger.
2. Insert the ring into the vagina or anus, using your index finger to guide it.



3. Once the inner ring is part way in, put your finger inside the condom and gently push it in. If you are inserting the female condom for vaginal sex, insert it until you reach the cervix. If you are inserting the female condom for anal sex, make sure that the inner ring is inserted past the sphincter. For anal sex some people choose to remove the inner ring after the female condom is inserted. It's a matter of personal preference.
4. Once it is inserted, make sure that the female condom is not twisted. The outer ring should lie outside of the body - either over the lips of the vagina or covering the area around the anus.
5. After the female condom is inserted, you can add more lubricant inside the condom or to your partner's penis.
6. Make sure to guide your partner's penis into the female condom when you are both ready.

### After Sexual Contact

1. Remove the condom by twisting the outer ring to keep the semen inside, gently pull it out and throw it away.
2. Wash your hands with soap and water.
3. Wash off the penis before embracing again.
4. Never re-use a condom.

### -Important Tip -

The female condom can also be used for anal use. One method is to 1) remove the inner ring, 2) put the female condom over the erect penis or a dildo, and 3) enter the anus. As always, you should use a lot of lubricant and enter the anus slowly. After the condom is inserted you can add more lubricant to the inside of the condom or your partner's penis.

### What Else Should I Know?

Like male condoms, there has been no research on the effectiveness of the female condom for anal sex. However, many reputable public health organizations confidently promote the use of the female condom for anal sex. Most people can use female condoms without any problems. However, some people do not like female condoms because they can:

1. Slip into the vagina or anus during sex.
2. Reduce feeling during sex.
3. Cause irritation to the vagina, vulva, penis, and/or anus.
4. Be noisy, though adding lubricant can help if this is an issue.