

What is the female condom?

The female condom is a condom made from either polyurethane (fc) or nitrile (fc2), with flexible rings at each end. It is inserted deep into the vagina like a diaphragm. The ring at the closed end holds the condom inside of the vagina. The ring at the open end stays just outside the vagina.

How does the female condom work?

The female condom collects semen before, during, and after ejaculation, preventing sperm from entering the vagina.

The female condom should be inserted before any contact is made between the vagina and the penis. The female condom is just as effective as the male condom and there is less risk of the condom bursting.

Condoms when used correctly protect against HIV, unplanned pregnancy, and sexually transmitted infections (STIs).

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Who can use the female condom?

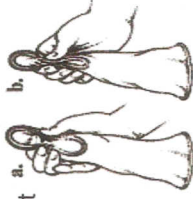
Any woman can use it if she is not allergic to the material.

Are there side effects to the female condom?

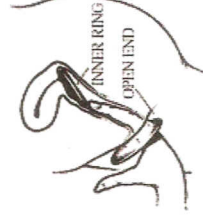
Some women may notice vaginal irritation.

How is the female condom used?

- Rub the condom to spread lubricant
- Squeeze together the sides of the inner ring at the closed end of the condom to form a figure 8 (avoid long fingernails and jewellery which may tear the condom)

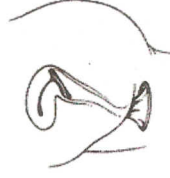


- Insert the condom into the vagina (like a tampon)



- Push the inner ring into the vagina as far as it can go (until it reaches the cervix)

- Withdraw your finger (the outer ring hangs just outside the vagina)



- Guide the penis into the condom using your fingers
- During intercourse, movement of the condom from side to side is normal. Stop intercourse if the penis slips between the condom and the walls of the vagina or if the outer ring is pushed into the vagina.

How do I remove the female condom?

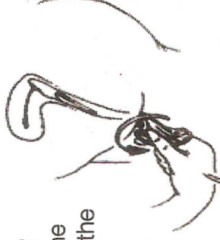
To remove the female condom, twist the outer ring to keep the semen inside of the condom.

Gently pull it out of the vagina.

Throw it away.

Do not flush it down the toilet.

Do not reuse the female condom.



A woman can protect herself if her male partner does not wear a male condom

What are the advantages of using a female condom?

- Can be used with water based and oil based lubricants
- No prescription is required
- It can be used by women allergic to latex
- It does not affect a woman's natural hormones
- It stays in place when the penis is no longer erect
- The outer ring can stimulate the clitoris
- The inner ring can stimulate the head of the penis
- Immediate removal after sex is not necessary
- A woman can protect herself if her partner does not wear a male condom

Where can I get the female condom?

You can access the female condom at any of the clinics of the Family Planning Association of Trinidad and Tobago and at the Mobile Clinic, listed at the back of this brochure.

The female condom can be used by women who are allergic to latex

For more information, advice or counselling visit or call one of our clinics

Port of Spain Clinic

79 Oxford Street

Port-of-Spain

Tel: 627 6732, 623-4764/5169

Fax: 625 2256

Outreach (Mobile Clinic) ext 163

San Fernando Clinic

6A Lord Street

San Fernando

Tel: 652 3065

Fax: 652 3491

De Living Room

(Youth Centre - under 25 years)

141 Henry Street

Port of Spain

Tel: 623 4764

Tobago Clinic

61 Bacolet Street

Scarborough

Tel: 639 6892

<http://www.ttfpa.org>



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