



OFFICE OF POPULATION AFFAIRS

Female Condom

THE FACTS



Female Condom THE FACTS



Quick Facts

Effectiveness in Preventing Pregnancy:

- Of 100 women who use this method each year, about 21 may get pregnant.

Use:

- Pinch the inner ring and place the inner ring and pouch inside vagina before any sexual contact occurs. It may be inserted up to eight hours before having sex.
- Twist the outer ring and remove carefully after sex.
- Use a new female condom each time you have sex.
- Use the female condom for vaginal sex.
- Use a male condom for anal sex.
- Do not use a male and a female condom at the same time for vaginal sex.

STI Protection:

- May provide some protection against STIs—including HIV—with vaginal sex, but more research is needed. It is not as effective as the male latex condom.

Office Visit Required:

- No

What is the female condom?

The female condom is a thin, lubricated polyurethane pouch that fits inside the vagina and partly covers the vulva. The female condom prevents sperm from meeting and fertilizing an egg.



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How do I use it?

The condom is a pouch with a flexible, soft ring on each end; one end fits inside the vagina to keep the female condom in place and the other end stays outside the vagina.



- You can insert a female condom up to eight hours before you have sex.
- Squeeze the inner ring of the condom. Put the inner ring and pouch inside the vagina.
- After sex, twist the outer ring and carefully remove the condom.
- Use a new female condom each time you have sex.
- Don't use a female and male condom at the same time, as this may cause both condoms to break or tear.
- Be sure to use lubricant with the female condom to keep it from making noise during sex.

How do I get it?



You do not need a prescription or an ID to buy female condoms. You can find female condoms at drug stores, family planning clinics, and many grocery stores.

How effective is it?

Of 100 women who use this method each year, about 21 may get pregnant.



Advantages of the female condom

- Female condoms are available over the counter.
- Female condoms are safe and effective to use.
- You may insert female condoms up to eight hours before having sex.
- Female condoms are a good choice if you do not use a male condom.
- Female condoms may provide some protection against sexually transmitted infections (STIs) during vaginal sex.



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Drawbacks of the female condom

- It isn't known exactly how well female condoms may protect against STIs.
- Some people experience irritation or allergic reactions with female condoms.
- Female condoms are usually more expensive than male condoms.
- Female condoms have not been officially approved for anal sex.



Sources

Centers for Disease Control and Prevention

- [Unintended Pregnancy Prevention: Contraception](#)
- [2010 Sexually Transmitted Diseases Treatment Guidelines](#)

Food and Drug Administration

- [Birth Control: Medicines to Help You](#)

Office on Women's Health

- [Girlshealth.gov: Types of Birth Control](#)

Reviewed: August 2014 | Reviewed by: Association of Reproductive Health Professionals

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U.S. Department of Health & Human Services
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