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.
**Female Condom**

**THE FACTS**

### 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.
Female Condom
THE FACTS

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

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