



All about the FC2 female condom



for enjoyable safer sex



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When you talk to people about FC2 female condoms for the first time, they often have many questions about it. And when they actually start using FC2s, they may have many more questions. This brochure gives you the answers to all those questions. To help you access the right answers easily we have divided them into the following sections:

1. FC2 information
2. FC2 users
3. FC2 insertion
4. FC2 during sex
5. FC2 combined with other contraceptives
6. How to use FC2 female condom



FC2 information

What is the FC2 female condom?

FC2 is a soft, smooth and strong condom, made from a synthetic material, which is worn inside the vagina. It's a transparent sheath that is 17 centimetres or about 6.5 inches long, with a flexible inner ring and a rolled outer ring. The inner ring, at the closed end of the condom, is used to insert FC2. It also holds the condom in place during sex. The larger outer ring, at the open end of the condom, remains outside the vagina.

- FC2 lines the vagina and covers the cervix. It holds sperm after ejaculation, preventing unintended pregnancy, and acts as a barrier to viruses and bacteria that cause STIs, including HIV.
- FC2 also provides extra protection against STIs by covering the woman's external sex organs and the base of the penis.

Is FC2 safe?

- Testing has shown that FC2 is a safe and effective method for preventing unintended pregnancy and STIs, including HIV.
- FC2 is as effective as other barrier methods when used correctly and consistently.
- Each FC2 female condom is tested electronically to assure quality.
- FC2 has been tested to ISO 10993 which includes tests for biocompatibility, cytotoxicity (destructive action on certain cells), mutagenicity (causing cell mutation), sensitization, irritation and systemic toxicity (potential adverse effects on the body's organs and tissues).
- FC2 female condom meets high quality standards set by international health agencies like FDA and WHO.

Why should we use FC2?

There are lots of pleasurable and exciting reasons to use FC2; here are some of them:

- FC2 is a dual protection method. This means it provides protection against both pregnancy and sexually transmitted infections (STIs), including HIV. FC2 allows women and men to have relaxed sex without fear of negative consequences.
- FC2 can be inserted before sex. This means you don't need to interrupt foreplay to put on a condom.
- FC2 is designed to fit inside the vagina and allows the penis to move freely inside the condom during sex.
- FC2 adjusts quickly to body temperature so it feels warm and natural.
- FC2 is lubricated. If you want to, you can add more oil or water based lubricant either on the inside or outside of the condom or directly on to the penis. This can make insertion easier and allows the penis to move smoothly in and out during sex.
- FC2 is non-allergenic and a great option for men and women who have an allergy to latex.
- The penis doesn't need to be erect to use FC2, and doesn't have to be withdrawn immediately after sex.
- Men and women can have fun together inserting FC2. The two rings can also increase pleasure during sex. Some men enjoy bumping against the inner ring inside the condom, while women might like the feeling of the outer ring touching their clitoris.

Does FC2 require special storage conditions?

FC2 does not deteriorate in high temperatures or humidity so does not require special storage conditions.

Does FC2 come in different sizes?

No, FC2 fits all women regardless of their size or shape.

Why does FC2 look different from a male condom?

FC2 is designed to fit inside and line the wall of the vagina, allowing the penis to move freely inside it during sex. It also provides extra protection against STIs by covering part of the woman's external sex organs and the base of the penis.

What type of lubricant can be used with FC2?

FC2 comes lubricated with a non-spermicidal, silicone based lubricant. You can add extra oil or water-based lubricants either on the inside or outside of the condom or directly on the penis.



2 FC2 users

Who can use FC2?

FC2 is a great and enjoyable safer sex option for all women and men who are sexually active. Moreover FC2 can be used by:

- Men and women who are sensitive to latex
- Women who are menstruating
- Women who are pregnant
- Women who have recently given birth
- Women who are (pre or post) menopausal
- Women who have had a hysterectomy

Why does FC2 need to be available to women?

In many places, women have little or no say in sexual matters and they are in no position to ask their partner to abstain from sex with others or to negotiate the use of the male condom. The female condom is currently the only method that can be applied by women themselves to provide double protection against STIs, including HIV, and unintended pregnancies. FC2, therefore, contributes to women's sense of personal control and empowerment and increases their knowledge about their bodies. FC2 helps improve communication between men and women.

Can FC2 be used by people who are sensitive to latex?

FC2 is made from nitrile polymer which is a synthetic material which has been tested extensively and shown to be non-allergenic. It is a great option for men and women who are sensitive to latex.

Can FC2 be used during pregnancy?

It is quite safe to use FC2 when you are pregnant.

Can FC2 be used during menstruation?

FC2 can be used during menstruation but you may want to insert it just before sex and remove it soon afterwards as it will not necessarily prevent the escape of menstrual fluid.

How soon can FC2 be used after giving birth?

FC2 can be used as soon as you feel ready for sex after giving birth. It can be an especially good option at this time when some other contraceptives are not suitable.

Can FC2 be used for anal sex?

There has been no research on the effectiveness of FC2 for anal sex use and it is not approved for anal sex use. However, many public health organizations confidently promote FC2 for anal sex. These organizations advise to insert FC2 inside the anus and to remove the inner ring before having anal sex. It is also possible to first remove the inner ring and then put the condom over the erect penis. Some men put the ring over the penis for a better grip.

Can FC2 be used when the man has a longer than average penis?

FC2 has been tested in many clinical studies across several countries and ethnic backgrounds. It has been found that FC2 can accommodate all shapes and sizes of men and women.

3

FC2 insertion

Is FC2 easy to use?

Just like anything new, it may take a little practice but remember practice makes perfect. Try FC2 at least 3 times. Find a comfortable position to insert FC2. This may be standing, sitting, squatting or lying down. Either partner can insert FC2. Have fun putting it in!

When can FC2 be inserted?

FC2 can be inserted either a few hours or just before sex and does not need to be taken out immediately after sex.

How do you know if FC2 is inserted correctly?

You can feel whether it is comfortable. The outer ring should lie flat around the opening of the vagina. FC2 should be lying smoothly against the vaginal wall.

Can FC2 disappear inside the body?

No. FC2 can't disappear inside the body. FC2 covers the cervix and the opening to this is so small that it is impossible for FC2 to pass through this space. The cervix only opens up during childbirth.

What do I do if the inner ring does not feel comfortable?

- Remove the female condom.
- Reinsert the female condom. Try to do it in a different position. You can either do it standing, sitting, squatting or lying down.

What do I do if the female condom slips out of my hand during insertion?

Dab your fingers on a tissue to remove the excess lubrication and continue to insert the female condom.





Will FC2 break the hymen?

It is possible that FC2 may break the hymen when it is inserted.

Can you urinate once FC2 is inserted?

Yes, you can urinate when FC2 is inserted. Make sure the outer ring doesn't cover the urethra. If necessary push the outer ring a bit backwards before urinating. Clean yourself afterwards and ensure the outer ring is repositioned correctly before sex.

4 FC2 during sex

Is it true that FC2 can increase pleasure during sex?

Yes. Some men find bumping the inner ring during sex exciting and erotic. Some women like the sensation of the outer ring rubbing against their clitoris. Either partner can insert FC2 which can be sexy. The material is also very soft and smooth and warms quickly to body temperature, making sex feel natural.

How does the inner ring feel during sex?

Many women and men say the inner ring increases pleasure for them during sex. If the inner ring feels uncomfortable, try repositioning or reinserting the condom.

Does the outer ring have to be held during sex?

No, once the penis is inside the condom, you don't need to hold the outer ring.

Is FC2 noisy during sex?

No, FC2 is a very soft and smooth condom. If you hear noise and it bothers you, add extra lubricant either on the inside or outside of the condom or directly on to the penis. Also try inserting FC2 a few minutes before sex.

What do I do if, during intercourse, the outer ring slips inside the vagina or the condom is pushed into the vagina?

- The man should immediately withdraw his penis.
- Remove the female condom.
- Insert a new FC2 female condom.

Can FC2 be used in different sexual positions?

Yes. You may want to try other positions once you're comfortable using FC2.

Can FC2 be reused?

No. Use a new FC2 for every sex act.

Can FC2 break during use?

As with any condom, care should always be taken when inserting the female condom. Do not open the packet with scissors, a knife or your teeth, and handle the condom appropriately if you have long nails. Rips and tears are reported in FC2 less than 1% of the time. If FC2 breaks, remove it and immediately insert a new condom.

What do I do if the penis slips between the sheath and the vagina wall?

- The man should immediately withdraw his penis.
- It's important to hold the outer ring in place as the man (or the woman) guides his penis back inside the condom. Once his penis is inside, you do not have to continue holding the outer ring.

What do I do if the condom is slipping too far out of the vagina (riding with the penis)?

- Remove the female condom.
- Insert a new one.
- Use more lubrication inside the female condom or directly on the penis.

5

FC2 combined with other contraceptives

Can FC2 be used with other contraceptives?

Yes. FC2 can be used with the pill, injections, intrauterine device (IUD), implants, post sterilization and post vasectomy to provide protection against STIs, including HIV.

FC2 cannot be used with the diaphragm or with the NuvaRing as the inner ring of FC2 fits into the same place as the ring of these contraceptive devices.

Can FC2 and a male condom be used together?

No, never use a male and female condom at the same time. Using the two condoms together does not increase protection but does increase the chances of either one or both of them breaking.

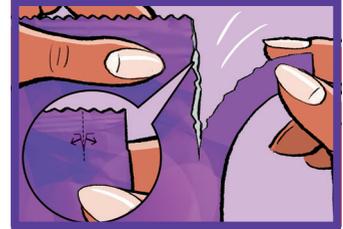
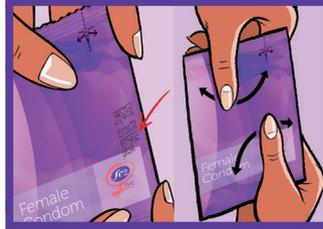
It doesn't
always have to
hurt him.



6 How to use FC2 female condom

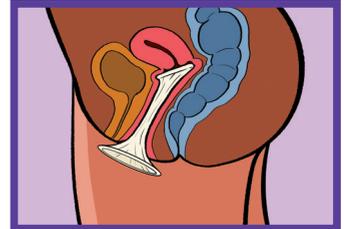
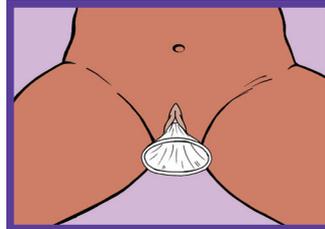
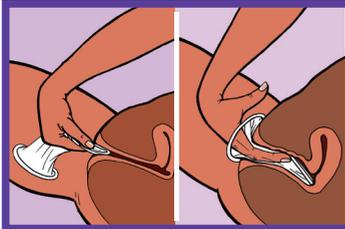
These instructions show step by step how to insert the FC2 female condom in the vagina. FC2 can be inserted either a few hours or just before sex.

When FC2 is used for the first time, people might need to practise insertion. FC2 can be inserted by women themselves but their partner can also do it for them.



- 1** Before opening your FC2:
- Check the expiry date, which is stamped on the front or on the side of the FC2 packet.
 - Spread the lubrication inside around by rubbing the packet with your hands.

- 2** To open the packet, tear straight down from the arrow at the top and remove the condom.
Do not use scissors, a knife or your teeth to open the packet.



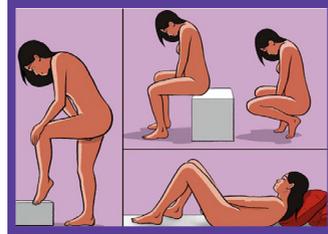
- 6** Use the squeezed inner ring to push FC2 into your vagina.
- Slide your index finger or middle finger inside the condom and push it in your vagina as far as possible, using the inner ring.
 - Make sure the condom is not twisted and lies smoothly against your vaginal wall.

- 7** A small part of the condom, including the outer ring, stays outside your body and lies over the lips of your vagina, partially protecting your external sex organs and covering the base of your partner's penis.

- 8** FC2 lines the inside of your vagina and covers your cervix. The opening of your cervix is so small that it is impossible for FC2 to pass through this space.



3 Hold the inner ring between your thumb and forefinger. Then squeeze the sides of the inner ring together to form a point.



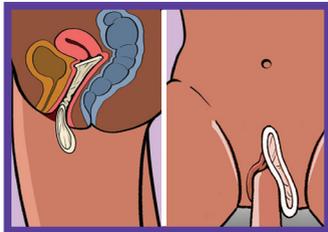
4 You can insert FC2 in lots of different ways. Find a position that is comfortable. This may be standing, sitting, squatting or lying down.



5 Feel for the outer lips of your vagina and spread them.

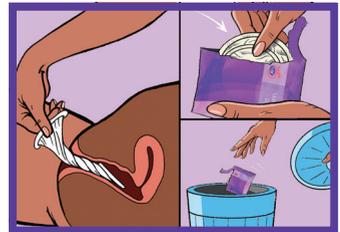


9 Hold the outer ring in place as your partner guides his penis inside the condom. Once his penis is inside the condom, you do not have to continue holding the outer ring. For extra pleasure you may want to add more lubricant either on the inside or outside of FC2 or directly onto your partner's penis once the condom is inserted.



10 Please notice! Your partner needs to immediately withdraw his penis if:

- His penis enters between the condom and the vagina wall. In this case you should put the outer ring back in position before he slides his penis back inside the condom.
- The outer ring has been pushed into your vagina. In this case you should use a new FC2.



11 To take FC2 out, hold the outer ring and twist it to keep the semen inside. It's best to do this before standing up. Gently pull the condom out, wrap it in a tissue or the empty packet, and throw it in a rubbish bin.

The FC2 female condom for enjoyable safer sex



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FC2 female condom is manufactured by
The Female Health Company (FHC).
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