

WHAT IS A FEMALE CONDOM?

A female condom is a loose, plastic sheath of polyurethane with a fixed ring at one end and a movable ring at the other end. It is inserted in the vagina and worn during sexual intercourse in order to prevent unplanned pregnancy and Sexually Transmitted Infections (STIs).

WHAT DO YOU DO WITH IT?

The female condom is inserted into the vagina before sexual intercourse. Once inserted, it prevents semen and STIs from spreading from one partner to the other.

HOW DOES IT WORK?

- The female condom prevents sperm from gaining access to the Female Reproductive Tract.
- The female condom prevents micro-organisms (STIs) from passing from one partner to another.

“Female condoms are available over the counter at drug stores, family planning clinics, and many grocery stores. They are available at the clinics/health centers in Palau.”

INSTRUCTIONS

- Couples should use a new condom for each act of sexual intercourse.
- Condoms should be inserted before penis touches the vagina.
- Condoms can be inserted up to eight hours (8 Hours) before the sexual act.
- Condoms is lubricated but may need extra lubrication.
- When finished, woman must move away from partner in order to remove the condom. Take care not to spill semen on vaginal opening.
- Condoms should always be thrown away in a bin or trash can.
- If the condom is not used properly, consider emergency contraception.

REMINDER: Please keep female condoms stored in a safe place - out of reach of children. For more information, consult a doctor or a nurse.

For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit** at (tel): 488-2172 or follow us on Facebook: <https://facebook.com/FHUPalau>.

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Family Health Unit
Republic of Palau Ministry of Health



FEMALE CONDOM

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted infections.

For more information, call the **MOH Family Health Unit** at 488-2172.

FEMALE CONDOM BENEFITS

- Female condoms are controlled by the woman.
- Female condoms are safe and do not affect breastfeeding.
- Does not interfere with sexual intercourse.
- Female condoms can be used as back-up.
- Female condoms do not require prescription.
- Female condoms help prevent cervical cancer.
- Female condoms protect against Sexually Transmitted Infections (STIs) and HIV/AIDS.

HOW TO USE A FEMALE CONDOM



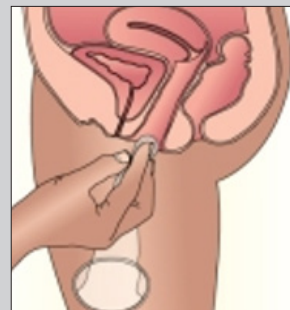
1. Open the package carefully. Don't use your teeth or fingernails, which could tear the condom.



2. Consider using additional lubrication. You can apply water-based or oil-based lubricant to make it easier to insert.



3. Squeeze the closed end of the inner-ring and gently insert into the vagina, feeling the inner-ring go up and into place.



4. Don't allow the condom to twist. Make sure the outer ring remains outside the vagina, extending about 1-inch.



5. Guide the penis into the female condom. Make sure the penis doesn't slip between the vagina and the outer surface of the female condom.



6. After sex, remove the female condom carefully. Twist the outer ring so that the semen is contained and gently pull the device out.

WHO CAN USE IT?

- Women who prefer using this method.
- Women who want double protection.
- Sex workers.
- Women in coercive/violent relationships.
- Couples who are HIV or STI Positive.
- Couples who need immediate protection.
- Gay men who are commercial sex
- Gay couples.

FEMALE CONDOM LIMITATIONS

- Female Condoms are relatively expensive.
- Moderately effective (5-21 pregnancies per 100 women during the first year).
- Effectiveness depends on willingness to follow instructions.
- Disposal of a used female condom may be a problem.
- Adequate storage must be available at user's home.
- Supplies must be readily available before sexual intercourse begins.
- Supplies must be readily available .

WHO SHOULD NOT USE IT?

- Women with physical disabilities.
- Women with Uterine Prolapse.
- Women with severe bladder or rectum abnormalities.
- Women with vaginal abnormalities.
- Women with genital anomalies.
- Some women and/or men will experience irritation/allergic reaction with female condoms, even though they do not contain latex.