

sex talk.

answers to your questions about sex and relationships

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Q How do you use a female condom?

A. A female condom is thin polyurethane (non-latex) pouch with two flexible rings; an outer ring which remains outside the vagina after insertion, and an inner ring which serves as an internal anchor. Female condoms work to prevent pregnancy and sexually transmitted infections by lining the inside of the vagina, keeping fluids from both partners separate. Female condoms are one of the many good birth control options available.

When using a female condom, follow these steps:

1. Check the expiration date.
2. Carefully open the package.
3. Female condoms are well lubricated, but if you prefer more lubricant or want to add spermicide, now is the time to add it to the outside of the closed end.
4. Find a comfortable position, squeeze the inner ring (so it becomes long and

narrow) near the closed end of the condom and insert it into the vagina. You or your partner can do this.

5. Push the inner ring as far as it can go in the vagina.
6. The outer ring should be about one inch outside the vagina.
7. Guide the penis into the female condom and make sure that it doesn't slip out during sex.
8. To remove it, gently twist and pull on the outer ring.

Female condoms are one time use only, so throw it in the garbage after sex (don't flush it down the toilet). They can be used for vaginal sex and anal sex. If used for anal sex, take the inner ring out. Never use a female condom with a male condom; it doesn't double the protection. Using two condoms creates friction and increases the chance that one will rip or tear.



Have a question? Send it to sextalk@email.arizona.edu

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