HOW DOES THE FEMALE/INTERNAL CONDOM WORK?
• The female/internal condom is a loose tube that blocks sperm from reaching the egg. If the sperm does not reach the egg, you cannot get pregnant.
• The female/internal condom has a closed end with an inner ring that covers the cervix and an open end with an outer ring that stays outside the vagina.
• No method of birth control is 100% effective. If you use the female/internal condom each time you have sex and it does not break or slip off, it is 95% effective. If the condom breaks or slips off, it is 79% effective.

WHEN DO I USE A FEMALE/INTERNAL CONDOM?
• Use a new female/internal condom each time you have sex.

HOW DO I INSERT A FEMALE/INTERNAL CONDOM BEFORE SEX?
• Find a comfortable position (for example: lying down, standing with one leg on a chair).
• Squeeze the sides of the inner ring of the closed end and insert it into the vagina like a tampon. Push the inner ring until reaches the cervix (it feels like the tip of your nose).
• Remove your finger and let the outer ring of the open end hang outside the vagina.

HOW DO I REMOVE A FEMALE/INTERNAL CONDOM AFTER SEX?
• Squeeze and twist the outer ring.
• Gently pull the condom out of the vagina and throw it away.

WHAT IF I STOPPED USING A FEMALE/INTERNAL CONDOM AND HAD UNPROTECTED SEX? WHAT IF THE FEMALE/INTERNAL CONDOM BREAKS DURING SEX?
• Take Emergency Contraception (EC) right away. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES THE FEMALE/INTERNAL CONDOM HELP ME?
• Easy to buy in a drug store
• Can be put on as part of sex play
• It has no hormones
• No need for erect penis to keep the female/internal condom in place
• Protects you from Sexually Transmitted Infections and HIV

HOW WILL I FEEL USING THE FEMALE/INTERNAL CONDOM?
• There are no side effects. You and your partner can feel the condom during sex.
• Some people find that the female/internal condom decreases pleasure with sex. Others say it is noisy.

DOES THE FEMALE/INTERNAL CONDOM HAVE RISKS?
• Female condoms are a safe and effective birth control method. There are no medical risks. A female/internal condom may break or slip during sex; if this happens, take EC right away.