What is FC female condom?

FC female condom is a strong, soft, transparent polyurethane sheath that is 17 centimetres long (about 6.5 inches, the same length as a male condom) with a flexible ring at each end. It is inserted into the vagina prior to sexual intercourse and provides protection against both pregnancy and sexually transmitted infections (STIs) including HIV/AIDS. The inner ring aids insertion and secures the device in place during intercourse while the softer outer ring remains outside the vagina.

**FC female condom:**
- Provides both men and women with an additional choice to prevent unintended pregnancies and protect themselves from STIs, including HIV/AIDS.
- Forms a barrier between the penis and the vagina, cervix and external genitalia, thereby providing additional protection.
- Is stronger than latex, odourless and causes no allergic reactions and, unlike latex, may be used with both oil and water based lubricants.
- Can be inserted up to 8 hours before intercourse so will not interrupt sexual spontaneity, is not dependent on the male erection and does not require immediate withdrawal after ejaculation.
- Conducts/retains heat, so sexual intercourse can feel very sensitive and natural.
- Is not tight or constricting.
- Is the only new prevention technology invented and approved since the advent of the HIV/AIDS epidemic and the sole female initiated protective method currently available.
**FC female condom** is not difficult to use but it may take some practice to become comfortable with it. Women should practice putting it in and removing it prior to using it for the first time during sexual intercourse. Insertion becomes easier with time – try it at least 3 times before making any decisions.