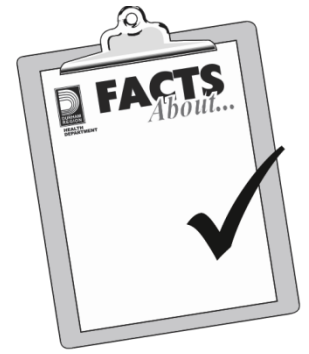




# FACTS

## About...



HEALTH DEPARTMENT



# FEMALE CONDOM

## What is it?

The female condom is a soft, loose fitting polyurethane (non-latex) pouch that is used during vaginal and anal sexual activity to prevent pregnancy and reduce the risk of most sexually transmitted infections (STIs). It has flexible rings at each end. Just before vaginal intercourse, it is inserted deep into the vagina. The ring at the closed end holds the pouch in the vagina. The ring at the open end stays outside the vaginal opening during intercourse. During anal intercourse, it is inserted into the anus.

## How effective is it?

If women always use the female condom correctly, it will prevent 95% of pregnancies. 21 out of 100 women become pregnant each year when the condom is not used correctly.

## What are the benefits?

The female condom is known to protect against most STIs including HIV/AIDS, as well as preventing pregnancy. It can be purchased without a prescription and can be used by those who are allergic or sensitive to latex.

## What are the limitations?

Individuals who have an allergy or have sensitivity to polyurethane should not use the female condom. It can take some practice to get comfortable with insertion of the female condom. It may cause irritation to the vagina, vulva, or penis and reduce feeling during intercourse.

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For more information

Durham Region Health Department

905-666-6241 1-800-841-2729 durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.



## What you should know...?

Male and female condoms cannot be used at the same time. Female condoms can be inserted up to 8 hours before intercourse. A female condom cannot be reused and must be disposed of after use. You should stop intercourse immediately if the penis slips between the condom and the walls of the vagina or anus, or if the outer ring pushes into the vagina or anus.

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