

Female Condom

The female condom is a soft, loose-fitting, seamless nitrile polymer sheath containing two flexible rings, one at each end. It is inserted into the vagina before sex and works by holding in the sperm, preventing it from entering the vagina.

How does it work?

- The female condom is a barrier contraception method, preventing contact between the sperm and the vagina.
- The external ring at the open end of the condom sits outside the vagina, providing some protection. The internal ring at the closed end of the condom is inserted into the vagina and helps to keep it in place.
- The sheath is coated on the inside with a silicone-based lubricant.
- It can be placed in the vagina up to 8 hours before sexual intercourse.
- A new female condom should be used for each repeated act of sexual intercourse.

How effective is it?

- **Typical use failure rate:** 210 of 1000 women during first year of use
- **Perfect use failure rate:** 50 of 1000 women during first year of use



Advantages

- + Protects against both pregnancy and STIs
- + The woman has control and autonomy in placing the condom
- + Can be used by people with latex allergies
- + Can be used with oil-based lubricants
- + Male partner may find it more comfortable and less constricting than male condoms
- + The internal and external rings of the female condom may increase sexual stimulation
- + Available at pharmacies without a prescription

Disadvantages

- Some women may have trouble inserting it correctly
- More expensive than male condoms
- Potential challenges include slippage and breakage
- The rings on the female condom may cause discomfort during sex
- Female condoms maybe noisier than male condoms during sex