

FC2 Female Condom

- FC2 is the Female Health Company's second generation female condom and is made from synthetic nitrile. It is equivalent to FC1, the first generation female condom, in terms of safety, efficacy and performance.
- FC2 is a dual protection method. This means it provides protection against both pregnancy and sexually transmitted infections (STIs), including HIV.
- FC2 is as effective as other barrier methods when used correctly and consistently.
- FC2 is designed to fit inside and line the walls of the vagina, allowing the penis to move freely inside the condom during sex. It also provides extra protection against STIs by covering the woman's external sex organs and the base of the penis.
- FC2 holds sperm after ejaculation, preventing pregnancy, and acts as a barrier to viruses and bacteria that cause STIs, including HIV.
- FC2 can be inserted a few hours or minutes before sex.
- The penis doesn't need to be erect to use FC2, and doesn't have to be withdrawn immediately after sex.
- FC2 is made from a material which warms to the body temperature, so sex can feel very natural.
- FC2 comes lubricated with a non-spermicidal, silicone based lubricant. Extra oil or water-based lubricants can be added either on the inside or outside of the condom or directly on the penis. This can make insertion easier and allows the penis to move smoothly in and out during sex.
- FC2 is non-allergenic and has no serious side effects associated with its use. It is a great option for men and women who are sensitive to latex.
- FC2 does not need to be prescribed or fitted by a health care provider.
- FC2 does not deteriorate in high temperatures or humidity so does not require special storage conditions.

Who can use FC2?

- Men and women who chose FC2 as their regular or occasional method of contraception for the prevention of pregnancy and/or protection against STIs, including HIV.
- Men and women who are sensitive to latex.
- Women who are menstruating.
- Women who have recently given birth.
- Women who have had a hysterectomy or are pre or post menopausal.

Material

FC2 is made from nitrile polymer which is a synthetic rubber. It has been tested to ISO 10993 which includes tests for biocompatibility, cytotoxicity (destructive action on certain cells), mutagenicity (causing cell mutation), sensitization, irritation and systemic toxicity (potential adverse effects on the body's organs and tissues).

Nitrile polymer is non-allergenic and forms an effective barrier against sexually transmitted infections (STIs), including HIV.

Product specifications and dimensions

FC2 is a strong, soft and transparent sheath that is 17 centimeters long, about 6.5 inches, with a flexible inner ring and a rolled outer ring.

Performance

A study in South Africa comparing FC1 and FC2 Female Condom indicated that FC2 is equivalent to FC1 in terms of performance, safety and efficacy. (See link to Research at www.supportworldwide.org).

Testing

Each FC2 Female Condom is tested electronically to assure quality.

FC2 Registration

In March 2009, FC2 was approved by the United States Food and Drug Administration. In 2006, the World Health Organization (WHO), based on an extensive review of the scientific data, agreed that FC2 performs in the same manner as FC1 and cleared FC2 for purchase by United Nations Agencies. In addition, FC2 is approved by other agencies including the European Union (CE Mark) and agencies in India and Brazil.

FC2 Female Condom
is manufactured by
The Female Health Company
Chicago USA/ London UK/Malaysia

Reprinted by AIDS Information Centre - Uganda
with Support from UNFPA



FC2 female condom
helps prevent unintended pregnancy
and sexually transmitted infections
(STIs), including HIV.
It is a great safe sex option
for women and men.





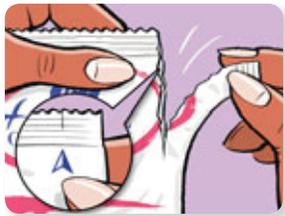
What is FC2 Female Condom?

FC2 Female Condom is a soft, smooth condom made from synthetic nitrile which is worn inside the vagina. It has a ring at each end. The smaller inner ring, at the closed end of the condom, is used to insert FC2 inside the vagina. It also holds the condom in place during sex. The larger ring, at the open end of the condom, remains outside the vagina.

FC2 is inserted inside the vagina before sex. It lines the vagina and covers the cervix. The outside ring also provides added protection against sexually transmitted infections (STIs) by covering the woman's external sex organs and the base of the penis. It is a great safe sex option for women and men that prevents unintended pregnancy and provides protection against STIs, including HIV.

How to use FC2 Female Condom

1. First check the expiry date which is written in the front at the side of the FC2 packet.
2. Before opening FC2, spread the lubrication inside around by rubbing the packet with your hands.



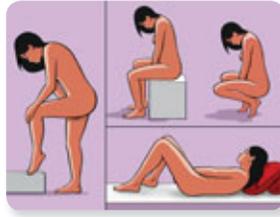
3. To open the packet, tear straight down from the arrow at the top and remove the condom.

Do not use scissors, a knife or your teeth to open the packet.



4. Either you or your partner holds the inner ring between your thumb and forefinger.

Then squeeze the sides of the inner ring together to form a point.

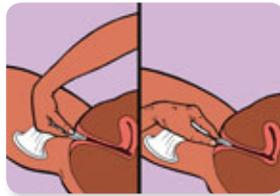


5. You can insert FC2 in lots of different ways. Your partner can also do this for you. Find a position that is comfortable. This may be standing, sitting, squatting or lying down.

Have fun putting it in!



6. Feel for and separate the outer lips of your vagina. Your partner can also do this for you.



7. Then either you or your partner uses the squeezed inner ring to push FC2 into your vagina.



8. Either you or your partner then slide your index or middle finger inside the condom and push it into your vagina as far as possible, using the inner ring.

Make sure the condom is not twisted and lies smoothly against your vaginal wall.

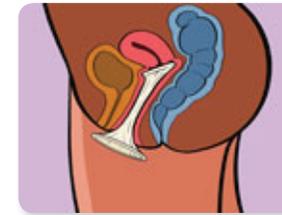


9. Hold the outer ring in place as either you or your partner guides his penis inside the condom. Once his penis is inside the condom, you do not have to continue holding the outer ring.

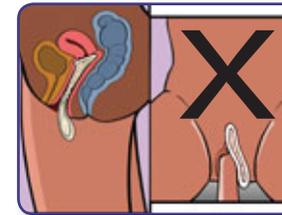
For extra pleasure you may want to add more lubricant either on the inside or outside of FC2 or directly onto your partner's penis once the condom is inserted.



10. A small part of the condom, including the outer ring, stays outside your body and lies over the lips of your vagina, partially protecting your external sex organs and covering the base of your partner's penis.



11. FC2 lines the inside of your vagina and covers your cervix. The opening to your cervix is so small that it is impossible for FC2 to pass through this space.



12. You should start over with a new FC2 if your partner's penis pushes the outer ring into your vagina.

If his penis enters between the condom and vaginal wall STOP! Withdraw his penis and slide it back inside the condom.



13. To take FC2 out, hold the outer ring and twist it to keep the semen inside. It's best to do this before standing up. Gently pull the condom out, wrap it in a tissue or the empty packet, and throw it in a rubbish bin or pit latrine.

Remember

You should use a new FC2 female condom for every sex act.
Never reuse FC2 female condom.

Never use a male and FC2 female condom at the same time.
Using the two condoms together increases the chances of either one or both of them breaking and DOES NOT increase protection.