

FC2 Counseling Tips for Success

When discussing use of FC2, there are some major themes to incorporate into your counseling sessions with clients. It is important to establish how much the patient knows about safer sex, her body, and FC2. Providing an overview of female anatomy may be necessary and it is essential to assess each individual clients comfort level with touching themselves. The following is a checklist of effective counseling tips and techniques.

- Allow client to feel FC2 to become familiar with it.
- Review female anatomy and physiology.
- Assessment of a clients comfort level with using FC2 by discussing feelings regarding tampon use, looking at, and/or touching one's own vagina can help address insertion related issues.
- Review of birth control and safer sex methods using a hierarchy of options.
- Provide counseling in either individual or small group sessions with other women providing peer support.
- Provide tips for insertion, demonstration and practice on anatomical models.
- Be sure to do insertion check on anatomical models.
- Emphasize insertion practice first without and then with a partner.
- Counsel the client that FC2 may be slippery to work with at first, but becomes easier with practice.
- Remind the client that FC2 cannot be used simultaneously with a male condom.
- Explain that extra lubricant may be needed and can be added to the inside of FC2 or to penis.
- Be honest - It can take 2 - 3 times to be fully comfortable using FC2.
- Remember: "Three times is the charm!"