

## What is FC2 Female Condom®?

FC2 Female Condom® is a thin, soft, loose-fitting sheath made from synthetic rubber (non-latex) which is worn inside the vagina. There is a flexible ring at each end. The inner ring at the closed end of the sheath is used to insert the condom inside the vagina and to hold it in place during intercourse. The rolled outer ring at the open end of the sheath remains outside the vagina and covers part of the external genitalia.

FC2 Female Condom® is inserted into the vagina before sex. It holds the man's sperm after ejaculation thus preventing unintended pregnancy. It also acts as a barrier to sexually transmitted infections (STIs), including HIV, because it completely lines the vagina.

## What are the advantages of FC2 Female Condom®?

- FC2 Female Condom® gives women control and choice over their own sexual health.
- Women can protect themselves with FC2 Female Condom® when their partner does not want to use a male condom.
- FC2 Female Condom® is hypo allergenic and is safe to use with people who are allergic to rubber latex.
- FC2 Female Condom® can be inserted before intercourse thus not interrupting sexual spontaneity.
- FC2 Female Condom® is not dependent on the penis being erect for insertion and does not require immediate withdrawal after ejaculation.
- FC2 Female Condom® is not tight or constricting.
- FC2 is highly lubricated and the material warms to body temperature so sex feels natural.

## Why do we need FC2 Female Condom®?

Women and men can initiate the use of FC2, so it provides them with an additional choice to protect themselves from STIs, HIV and unintended pregnancies. It is not intended as a replacement for the male condom but rather as an additional option for both women and men.

### Are there different kinds of female condoms?

New prototypes of female condoms are being developed but are still undergoing clinical trials and regulatory approvals. FC2 Female Condom<sup>®</sup>, manufactured by The Female Health Company (FHC), was approved by the United States Food and Drug Administration (USFDA) in March 2009. In 2006, the World Health Organization (WHO) judged FC2 acceptable for procurement by United Nations agencies. FC2 Female Condom<sup>®</sup> also has other significant registrations including the CE mark in Europe.

### Is FC2 Female Condom<sup>®</sup> Safe?

Yes. Testing has shown that FC2 Female Condom<sup>®</sup> is a safe and effective method for preventing unintended pregnancy and STIs, including HIV.

### How does FC2 Female Condom<sup>®</sup> provide protection?

FC2 Female Condom<sup>®</sup> covers the vagina, cervix and part of the external genitalia offering partners barrier protection against bacteria and viruses that cause STIs, including HIV, as well as unintended pregnancy.

### Is FC2 Female Condom<sup>®</sup> easy to use?

Yes. You can try several positions to insert FC2 Female Condom<sup>®</sup> and decide which one works best for you. Try inserting FC2 Female Condom<sup>®</sup> while standing, sitting, squatting or lying down. Some women also involve their partners in insertion and find this is enjoyable for both of them. Most women find FC2 Female Condom<sup>®</sup> easier to insert with practice. Research has shown that new users who try it three to five times become confident using it. Inconsistent users may take longer to master FC2 use.

### When can I insert FC2 Female Condom<sup>®</sup>?

FC2 Female Condom<sup>®</sup> can be inserted in advance of sexual intercourse and does not need to be taken out immediately after intercourse.

### How will I know if FC2 Female Condom® is inserted correctly in my vagina?

FC2 Female Condom® is inserted correctly when the inner ring is pushed past the pubic bone. The outer ring and part of the condom is flat around the opening of the vagina, covering the external genitalia. You can check that the condom is in place by inserting your index or middle finger into the vagina past the pubic bone. You can feel your pubic bone by curving your index or middle finger when it is a couple of inches inside your vagina. You should be able to feel that the inner ring is past the pubic bone on the front wall of the vagina.

### Is it true that FC2 Female Condom® can provide pleasure during intercourse?

Many men and women feel closer with FC2 Female Condom® than with a male condom due to the fact that FC2 is made from a material that conducts heat and makes sex feel natural.

### What if the outer ring is push inside the vagina?

STOP. Remove FC2. Insert a new female condom according to the directions.

### What if the penis doesn't enter correctly?

It is important that the penis is guided into the center of FC2 and not between the vaginal wall and the outer side of FC2. If the penis does enter incorrectly STOP and start over, with additional lubrication, if necessary.

### Will FC2 Female Condom® be noisy during sex?

There may be a little noise particularly if the condom is not properly lubricated. If you experience noise during sex and it bothers you, you can add extra lubricant. Inserting FC2 Female Condom® a few minutes before intercourse also helps to reduce noise. Some women have found FC2 Female Condom® quieter than the first generation FC Female Condom (FC1).

### How does the inner ring feel during sex?

Many women and men report that the inner ring enhances pleasure for them during intercourse. If the inner ring is causing discomfort, try repositioning or reinserting FC2 Female Condom®.

### Will FC2 Female Condom® disappear inside my body?

No. FC2 Female Condom® covers the cervix. The diameter of the opening to the cervix is 1 mm to 3 mm so it is impossible for FC2 Female Condom® to disappear inside your body.

### How do I dispose of FC2?

FC2 should be disposed in the trash bin; not down the toilet.

FC2 does not have to be removed immediately after a man ejaculates, unlike the male condom, but should be removed prior to standing to avoid the contents from spilling out.

1. Twist the outer ring to seal the condom to prevent the contents from spilling out.
2. FC2 may be pulled out and wrapped in the package it came in and/or in tissue.
3. FC2 should be disposed of in waste containers; *not in the toilet*.

Women dispose of sanitary napkins in a clean and private way; the same procedures should be used for the disposal of FC2.

### Can FC2 be used in different sexual positions?

FC2 can be used in any sexual position; however, additional lubricant may be necessary. Some women may feel more comfortable learning to use FC2 in the missionary position, and then adding other positions after that.

FC2 is not approved or recommended for anal sex.

### Who can use FC2?

- People who want to protect themselves and their partners from unintended pregnancy and STIs, including HIV/AIDS, and show their partners that they care.
- People whose partners cannot or will not use the male condom.
- Women who are menstruating.
- Women who have recently given birth.
- Women who have had a hysterectomy.
- Women who are in pre-menopausal or post-menopause.
- People who are allergic or sensitive to latex can use FC2 as an alternative to the male latex condom.
- People who are HIV+ or have HIV+ partners.

### Can I use FC2 Female Condom® when I am menstruating?

Yes. FC2 Female Condom® does not interfere with menstruation and can therefore be used. However, FC2 should be inserted just before intercourse and removed soon after as blood may flow over the condom.

### Can I use FC2 Female Condom® when I am pregnant?

Yes, you can use FC2 Female Condom® when you are pregnant since the condom doesn't move beyond the cervix. You can also use FC2 Female Condom® after recently giving birth.

### Can I use FC2 if I have had a hysterectomy?

Yes. FC2 lines the vagina and takes its natural shape.

## Where may I purchase FC2?

FC2 Female Condom® is now available in the United States in the public sector. FC2 is not currently available to the consumer in retail stores such as drug stores. Some retail stores may still carry FC1 stock. Each individual retailer will decide when the switch from FC1 to FC2 will take place.

Progressively FC2 will replace FC1 throughout the U.S .market. The FC1 Female Condom is available to consumers through some nationwide retailers and through some locally owned pharmacies.

In some cases, a nationwide drugstore may supply the FC1 Female Condom on its website, while the local store chains may not carry it. Now that FC2 Female Condom® is available, ask your pharmacist/ store manager to stock FC2 and suggest they do it very soon.

If no stores in your area have FC1 Female Condom you may be able to order online from the following retailers. FC2 Female Condom® is not yet available online:

[www.walgreens.com](http://www.walgreens.com)

[www.cvs.com](http://www.cvs.com)

[www.drugstore.com](http://www.drugstore.com)

[www.condomdepot.com](http://www.condomdepot.com)

Many Health Clinics and Planned Parenthood locations in your area also offer the FC1 Female Condom. Some are now switching from FC1 to FC2. Use the following links to find a location in your area:

[www.opaclearinghouse.org/db\\_search.asp](http://www.opaclearinghouse.org/db_search.asp)

[www.hivtest.org/index.cfm](http://www.hivtest.org/index.cfm)

[www.plannedparenthood.org/](http://www.plannedparenthood.org/)

## Can FC2 Female Condom® and a male condom be used together?

No, as the friction caused by the two condoms can lead to tearing of either one or both the condoms. Also, using one condom (male or female) provides equal protection to both partners.

### Can I use FC2 with other contraceptives?

Yes. FC2 Female Condom® can be used with the pill, injections, IUD contraceptives, post sterilization and post vasectomy to protect against STIs, including HIV.

FC2 cannot be used with the diaphragm, cervical cap or NuvaRing® as the inner ring of FC2 fits into the same place by the cervix.

### Why does FC2 Female Condom® seem so large?

FC2 Female Condom® is similar in length to a male condom. However, it is wider than a male condom as, once inserted, it lines the walls of the vagina and allows for movement of the penis inside the sheath. It also provides extra protection by covering part of the external female genitalia and the base of the penis.

### What type of lubricant can be used with FC2 Female Condom®?

FC2 Female Condom® comes pre-lubricated with a non-spermicidal, silicone based lubricant. Oil-based or water-based lubricants can be added on the inside and outside of FC2 Female Condom® or on the penis. (Please note that with a male condom only water-based lubricants can be used because male condoms are made from a different material called latex).

### How is FC2 Female Condom® different from a male condom?

Both FC2 Female Condom® and the male condom are barrier methods that provide protection against pregnancy and STIs including HIV. They are both for one-time use only.

COMPARISON BETWEEN A MALE AND FC2 FEMALE CONDOM®	
Male Condom	Female Condom
Rolled on the man's penis	Inserted into the woman's vagina
Made from latex	Made from synthetic rubber
Fits on the penis	Loosely lines the vagina
Can only be put on an erect penis	Can be inserted prior to intercourse, not dependent on an erection
Must be removed immediately after ejaculation	Does not need to be removed immediately after ejaculation but should be removed before the woman gets up
Covers most of the penis and protects the woman's internal genitalia	Covers both the woman's internal and part of the external genitalia and the base of the penis, thus provides broader protection
Little lubrication	Highly lubricated, helps in insertion and intercourse

### Can I use FC2 Female Condom® without my partner's knowledge?

Since a part of the condom stays outside the vagina, it's visible and might be difficult to use without your partner's knowledge. Partners should discuss and agree on FC2 use in advance of sexual intercourse.

### Can I reuse FC2 Female Condom®?

No. Reuse of any condom is not recommended – male or female. A new condom should be used every time you have intercourse.

### How long can FC2 be kept, and are there any special storage requirements?

The U.S. Food and Drug Administration have approved FC2 for a 3 year shelf life from the date of manufacture. Due to the properties of nitrite, FC2 is not affected by differences in temperature and/or humidity, so no special storage conditions are required.

### Will FC2 always protect against pregnancy and STD's?

No method is 100% effective. Natural rubber latex condoms for men are highly effective at preventing sexually transmitted infections, including AIDS/HIV, if used correctly. If you are not going to use a male condom, you may use FC2 to help protect yourself and your partner.

### What does the expiration date on the package mean?

FC2 has an expiration date of 3 years after it has been manufactured. Two dates are stamped in the seam of the FC2 package; one will be the manufacturing date, and the other is the expiration date. Do not use FC2 if the expiration date has past.

### Where can I find Corporate Info?

You may find our corporate website at [www.femalehealth.com](http://www.femalehealth.com). There you will find information including corporate annual reports, press releases on new information on the Company and FC2, and how to contact us.

### How can I get information on becoming an Investor or Distributor?

You may contact us at [info@femalehealthcompany.com](mailto:info@femalehealthcompany.com), or visit our website at [www.femalehealth.com](http://www.femalehealth.com) and select the Contact Us link.

## Can you provide a few tips on how to negotiate FC2 Female Condom® use with a person who is not ready to use it?

In any sexual relationship there should be communication about the prevention of STIs, HIV and unintended pregnancy. In relationships where sexual issues are not discussed or are difficult to discuss, the person who wants to initiate a discussion on prevention needs to consider where and when to do it. Each person needs to find his or her moment when they feel comfortable to discuss the issue of prevention.

There are five questions to consider before discussing the use of condoms, both male and female, with your partner. These questions are:

1. **What do you want to discuss/negotiate?** The discussion could be either the prevention of STIs, including HIV, or the prevention of unintended pregnancy.
2. **Who do you want to discuss/negotiate with?** Condom use can be discussed with a spouse or any sexual partners that you may have.
3. **Why do you want to discuss/negotiate?** People discuss the use of condoms to protect themselves and their partners from the transmission of STIs including HIV. Some couples feel that it is important to plan and space the birth of their children.
4. **When do you want to discuss /negotiate?** You have to decide when the best time is to bring up the subject of protection. Will you do it the moment you see your partner again or wait till you are both relaxed and open to the discussion? Ideally you should do it before the next sex act.
5. **How will I discuss/negotiate?** Below are a few helpful tips on discussing FC2 Female Condom® use with your partner:
  - If you sense that your partner is reluctant to use a condom (male or female), perhaps begin by telling him about the possible risks involved in having sex without a condom.
  - You might need to tell him a little about STIs, HIV and how these are transmitted.
  - Some women convince their partner to use FC2 Female Condom® by saying it enhances pleasure during intercourse.
  - Others mention that FC2 Female Condom® is an imported and a special condom, and use this as a negotiation technique.
  - Some women involve their partner in inserting the condom in their vagina. This can make sex fun and more erotic.
  - Some women refuse to have sex without condoms.
  - Some women use FC2 Female Condom® without informing their partner.
  - Some women tell their partners that they do not need to wear a male condom as FC2 allows couples to share responsibility for protecting themselves.
  - Some women use information on condoms that they receive from health care providers to help them negotiate condom use.

These are some of the strategies women have used to negotiate FC2 Female Condom® use but we believe that all women, including you, have their own unique skills to ensure protection for themselves and their partner.