

## How to Use FC2 Female Condom®

### TO OPEN THE PACKET

- Locate the arrow at tear notch on the upper right-hand corner and tear open. (Fig. A)
- Rub the outside of the pouch together to be sure the lubrication is evenly spread inside the pouch from the bottom to the top.
- Take out the FC2 and look at it closely to make sure it is not damaged.

### TO INSERT THE FC2 FEMALE CONDOM

- Find a comfortable position. Try standing with one foot up on a chair, or sit with knees apart, or squat down.
- Be sure the inner ring is at the bottom, closed-end of the pouch Fig. B.
- Hold the pouch with the open end hanging down. While holding the outside of the pouch, squeeze the inner ring with your thumb and middle finger.
- Place your index finger between the thumb and middle finger and keep squeezing the inner ring (Fig. C (a)).
- Or just squeeze - whichever is easier for you (Fig. C (b)).
- Still squeezing the FC2 Female Condom with your other hand, spread the lips of the vagina as if you were getting ready to insert a tampon.
- Insert the squeezed FC2 Female Condom as shown in Fig. D.
- **Take your time.** If the FC2 Female Condom is slippery to insert, let it go and start over.
- Now push the inner ring and the pouch the rest of the way up into the vagina with your index finger. Check to be sure the inner ring is up just past your pubic bone Fig. E.
- You will feel your pubic bone by curving your index finger when it is a couple of inches inside the vagina.
- This step may be hard to do on the first or second try because the FC2 Female Condom is lubricated.
- **Take your time** and push the closed end of the FC2 Female Condom up to where you can feel the pubic bone.

For More Information  
Call: 1-800-274-6601 or  
visit  
[www.fc2femalecondom.com](http://www.fc2femalecondom.com)



Fig. A



Fig. B

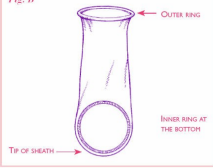


Fig. C



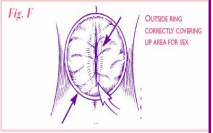
Fig. D



Fig. E



- Make sure the FC2 Female Condom is inserted straight (not twisted) into the vagina.
- It is also important that the outside ring lies against the outer lips of the vagina as shown in Fig. F.
- About one inch of the open end will stay outside your body. FIG. F. While this may look unusual, this part of the FC2 Female Condom helps protect you and your partner during sex. Once the penis enters, the vagina will expand and the slack will decrease.

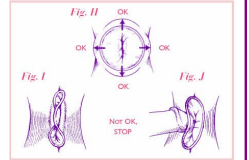


- Until you and your partner become comfortable using the FC2 Female Condom, use your hand to guide the penis into the vagina. See Fig. G.
- After two or three times, you should become familiar with using the FC2 Female Condom and should hardly notice the pouch or the outer ring during sex.



### During Intercourse

- You may notice that the FC2 Female Condom moves around during sex. See Fig. H.
- Movement side-to-side of the outer ring is normal.
- Sometimes the FC2 Female Condom may slip up and down in the vagina, "riding" on the penis. Both the vagina and the penis are still covered.
- However, if you notice the FC2 Female Condom is slipping out of the vagina, STOP, remove, and insert a new FC2 Female Condom.
- If you begin to feel the outer ring being pushed into the vagina, STOP (Fig. I). Or, if the penis starts to enter underneath or beside the pouch, STOP (Fig. J). Take out the FC2 Female Condom. Put in a new FC2 Female Condom. Make sure the outside part lies over vagina.



### After Intercourse

- To take out the FC2 Female Condom, squeeze and twist the outer ring to keep the sperm inside the pouch. Pull out gently. Throw away in a trash can. Do not flush. Do not reuse. Please see Fig. K.



**Remember:** To help reduce your risk of pregnancy and the spreading of a sexually transmitted infection: Use a new FC2 Female Condom correctly every time you have sex. Follow the directions carefully. Be sure you don't tear the FC2 with fingernails or other sharp objects. **Important Information:** -Natural rubber latex condoms for men are highly effective at preventing sexually transmitted infections, including HIV/AIDS, if used correctly. -If you are not going to use a male natural rubber latex condom, you can use the FC2 Female Condom to help protect yourself and your partner. -The FC2 Female Condom only works when you use it. Use it correctly every time you have sex.- Before you try the FC2 Female Condom, be sure to read the directions and learn how to use it correctly.