HOW TO USE AN INTERNAL (FC2) CONDOM

Using internal condoms, also known as the female condom or FC2, is a safe and simple way to prevent pregnancy and reduce the risk of sexually transmitted infections. The steps and tips below will help ensure a safe and pleasurable experience.

1. Check the expiration date on the package and squeeze the package for punctures. Discard and get a new one if it’s expired or punctured.
   - Old condoms can be dry or weakened and can break more easily
   - If there is no expiration date, don’t use it

2. Carefully open the package using the perforated edges, pushing the condom away from the tear.
   - Avoid using your teeth, sharp nails, or anything that could accidentally tear the condom as you open the package

3. Place the condom internally (anus or vagina) using your fingers. If placed in the anus, make sure to remove the internal ring. The closed end should go inside towards the back of the anus or vagina. Push the condom as far back as it will go, leaving the outer ring outside the anus or vagina. When worn correctly, the condom should not feel painful or uncomfortable.

4. Adding lubrication directly to the anus or vagina prior to insertion can decrease any discomfort and increase pleasure. If you continue to feel discomfort, remove the condom and reposition the inner ring.

5. An internal condom can be put in up to 8 hours before sex. You do not have to wait for a penis to become erect, but the condom should be placed prior to genital contact. Semen can be released from the penis before and after ejaculation.

6. During sex, take care to guide the penis directly into the internal condom.

7. After ejaculation, withdraw away from your partner and remove the internal condom by squeezing and twisting the outer ring, making sure that semen doesn’t spill out.

8. Wrap the condom in a tissue and throw it in the trash — don’t flush it down the toilet.

See next page for more tips...
TIPS:

• Have extra condoms available in case the first is damaged or torn before use, is put on incorrectly, or if you have repeated intercourse.

• Tie up the condom after sex and squeeze to see if there are holes or tears you did not notice occurring during sex.

• If you feel the condom break, stop immediately, withdraw, remove the broken condom, and put on a new condom.

• Remember, you have 5 days after a condom breaks to take emergency contraception (also called the morning after pill or Plan B) to prevent pregnancy. The earlier you take the pill, the more effective it is.

• Internal condoms are made from nitrile. Nitrile condoms do not need to be stored in a controlled temperature. The material is not affected by heat or humidity.

• You can use water, oil, and silicone-based lubricants with internal condoms (e.g., KY, Astroglide, Uber Lube, Vaseline, body lotion, massage oil, or baby oil) since it is non-latex. For polyurethane or polyisoprene condoms, water, oil-based, or silicone lubricant can also be used. Latex condoms require water-based lubrication.

• For increased pleasure, add a few drops of lubricant inside and outside the condom.

• Use a new condom for every new sexual act (such as vaginal, oral and anal).

• Never double bag - using two condoms at once increases friction and can lead to the condoms breaking. If your partner is wearing a condom, you do not need to wear one also.

• If a condom feels stiff, sticky, or looks damaged in any way, throw it away, regardless of its expiration date.

Internal condoms, as well as other safer sex supplies, are available FREE at the following NYU locations:

• Student Health Center, Health Promotion Office
• Student Health Center, Women’s Health Services
• Kimmel Center for University Life, 2nd floor restrooms
• Student Resource Center
• LGBTQ Student Center
• Resource Centers in most residence halls