



How to use FC2 Female (Internal) Condom

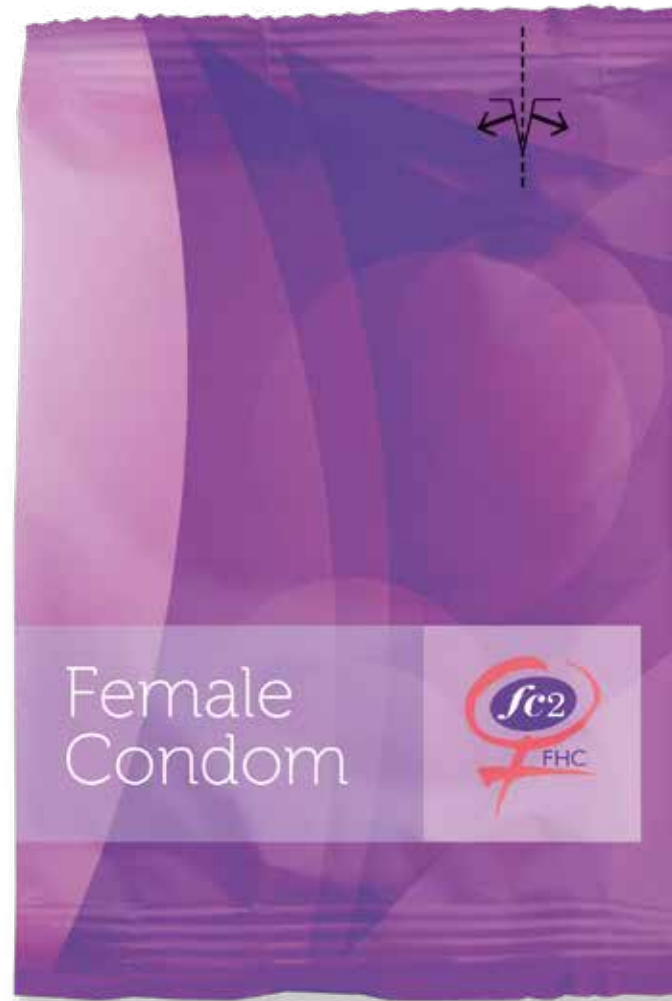


Why should we use FC2?

There are lots of pleasurable and exciting reasons to use FC2. Here are some of them!

- FC2 is a dual protection method. This means it provides protection against both pregnancy and sexually transmitted infections (STIs), including HIV. FC2 allows women and men to have relaxed sex without fear of negative consequences.
- FC2 can be inserted before sex. This means you don't need to interrupt foreplay to put on a condom.
- FC2 is designed to fit inside the vagina and allows the penis to move freely inside the condom during sex.
- FC2 adjusts quickly to body temperature so it feels warm and natural.
- FC2 is lubricated. If you want to, you can add more water- and silicone-based lubricants or oil-based substances either on the inside or outside of the condom or directly on to the penis. This can make insertion easier and allows the penis to move smoothly in and out during sex.
- FC2 is non-allergenic and a great option for men and women who have an allergy to latex.
- The penis doesn't need to be erect to use FC2, and doesn't have to be withdrawn immediately after sex.
- Men and women can have fun together inserting FC2. The two rings can also increase pleasure during sex. Some men enjoy bumping against the inner ring inside the condom, while women might like the feeling of the outer ring touching their clitoris.

Why should we use FC2?



What is the FC2 Female (Internal) Condom?

- FC2 is a soft, smooth and strong condom, made from a synthetic material, which is worn inside the vagina.
- It's a transparent sheath that is 17.8 centimetres or about 7 inches long, with a flexible inner ring and a rolled outer ring. The inner ring, at the closed end of the condom, is used to insert FC2. It also holds the condom in place during sex. The larger outer ring, at the open end of the condom, remains outside the vagina.
- FC2 lines the vagina and covers the cervix. It holds sperm after ejaculation, preventing unintended pregnancy, and acts as a barrier to viruses and bacteria that cause STIs, including HIV. FC2 also provides extra protection against STIs by covering the woman's external sex organs and the base of the penis.

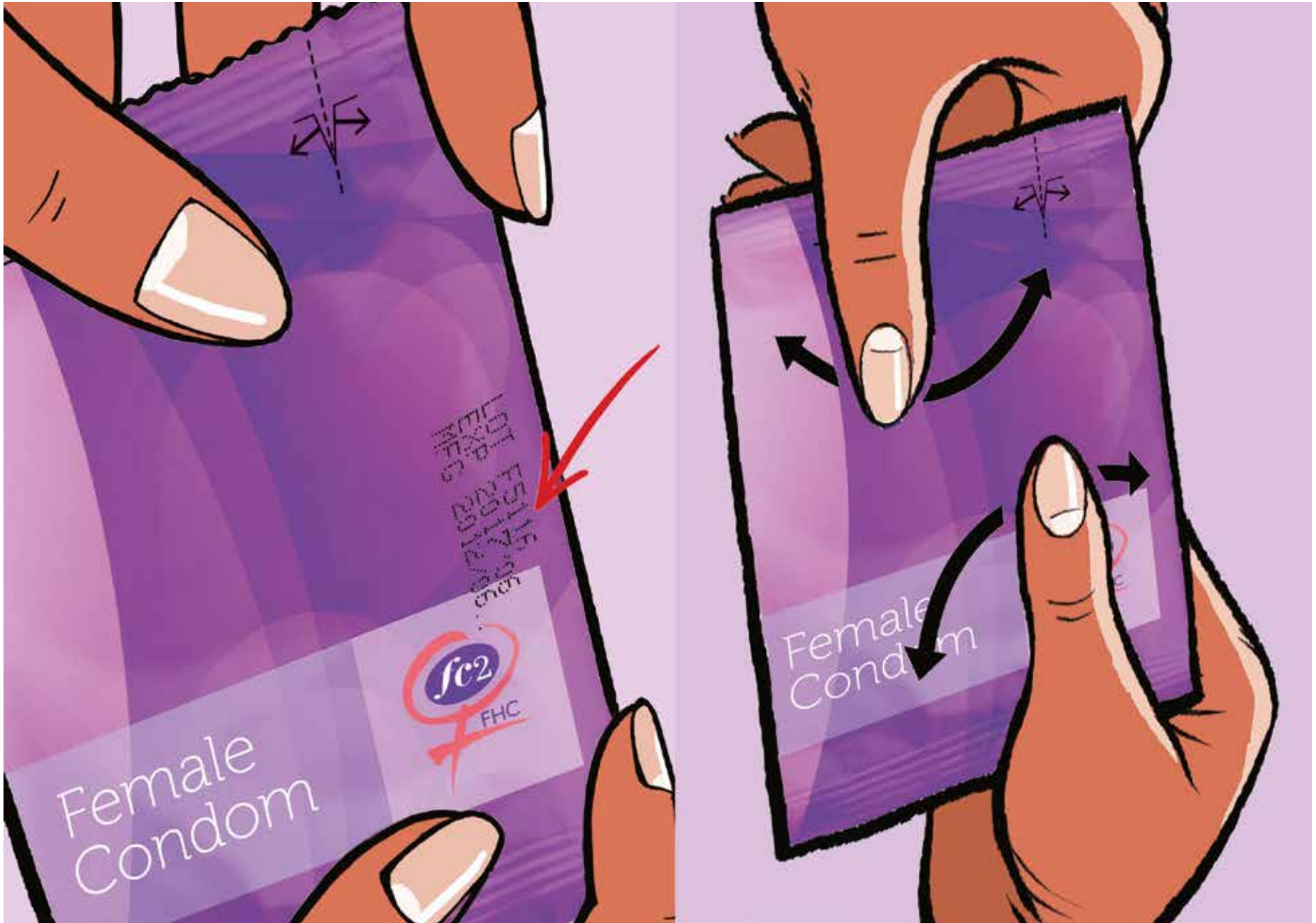




Before opening FC2

- Check the expiry date which is stamped on the front or on the side of the FC2 package.
- Spread the lubrication inside around by rubbing the package with your hands.





Open the package

- To open the package, 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 package. If your nails have sharp edges or if you are wearing any jewelry, handle your condom with care.





FC2 insertion

- Position and insert the point formed by the squeezed inner ring into the vagina.
- Stop and then slide the index or middle finger into the condom.
- Feel for the inner ring and insert it so that it guides the condom further into the vagina.

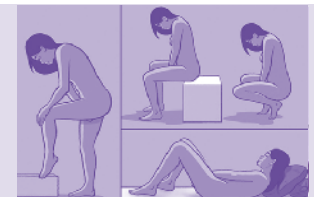
Do not twist the inner ring into a figure eight.

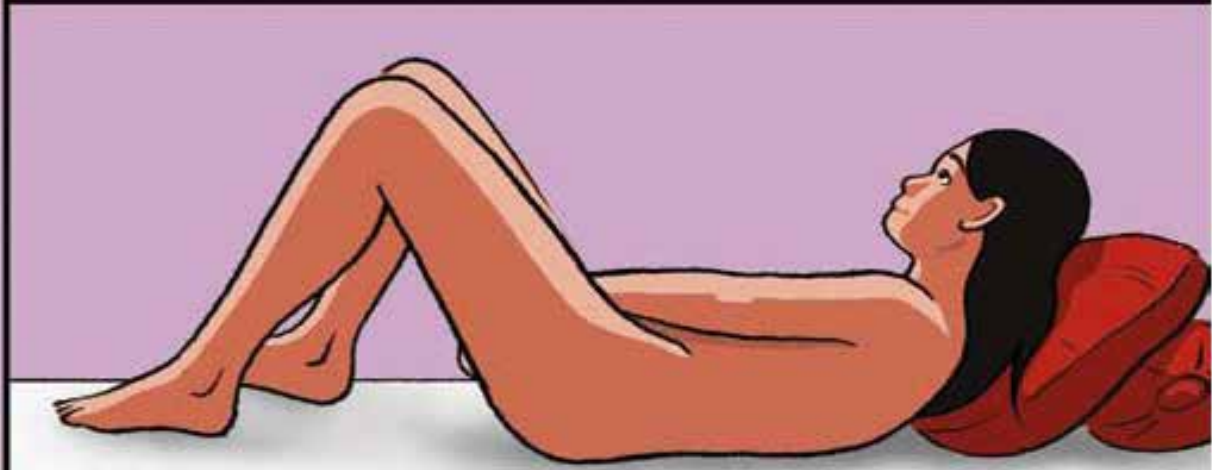
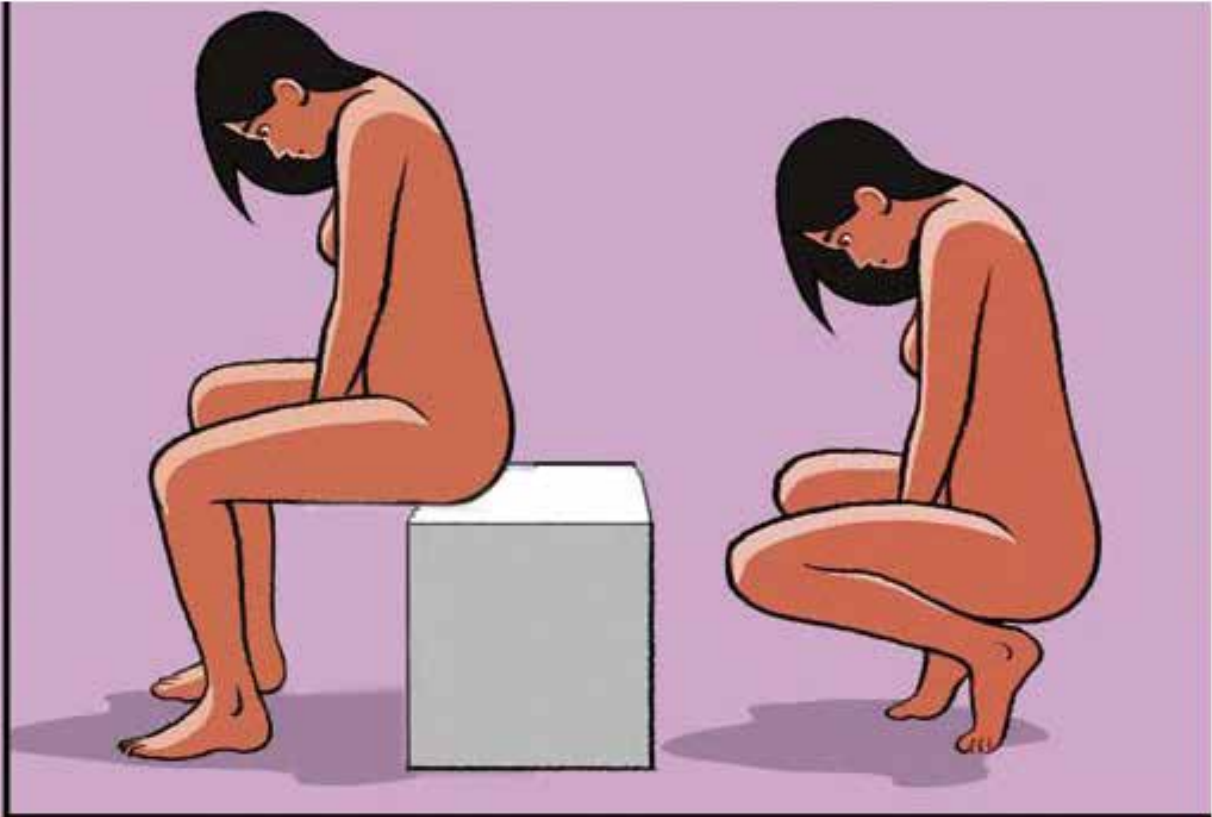




FC2 insertion

- You can insert FC2 in different ways. Find a position that is comfortable. This may be standing, sitting, squatting or lying down.

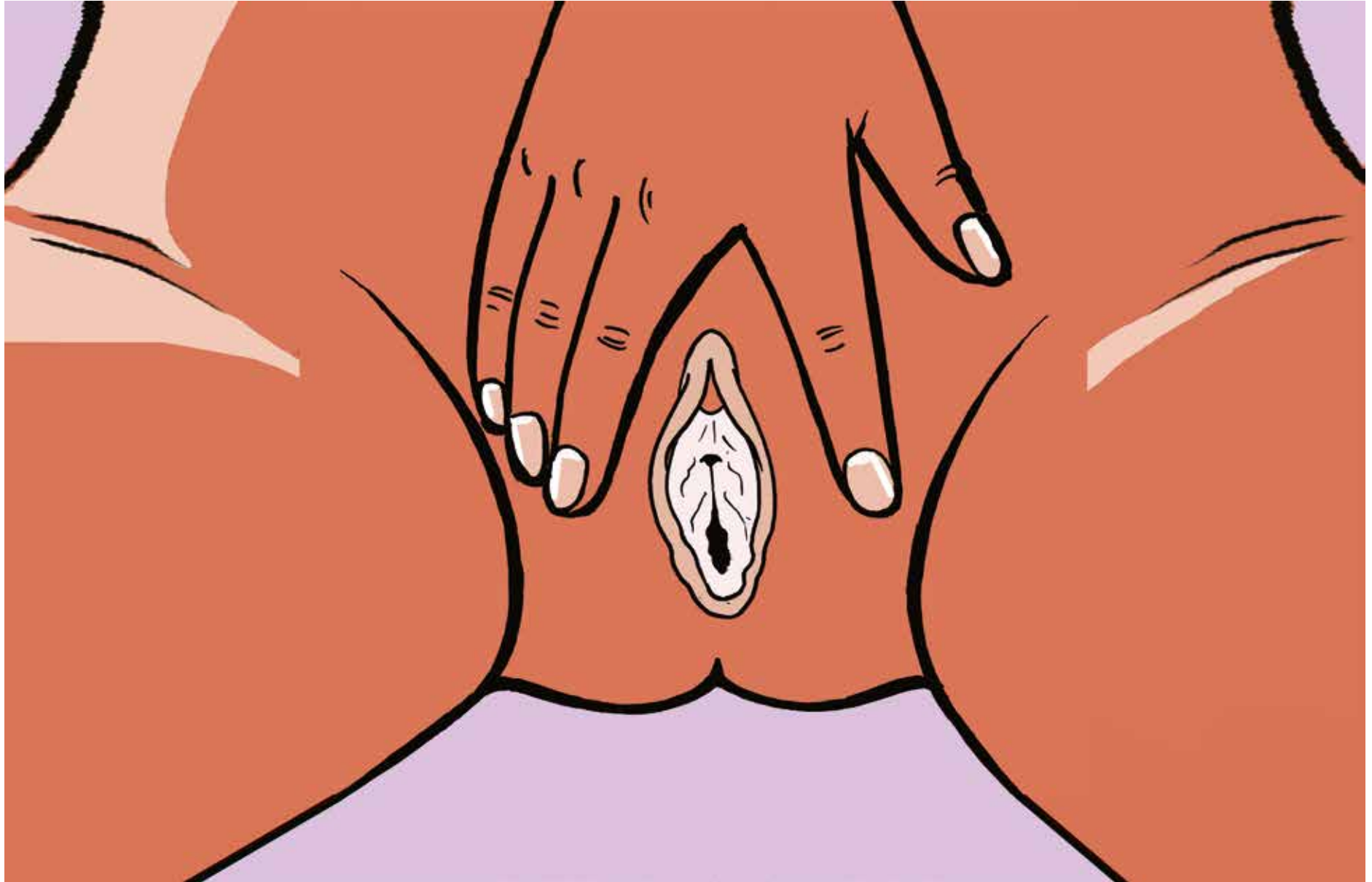




FC2 insertion

- Feel for the outer lips of your vagina and spread them.

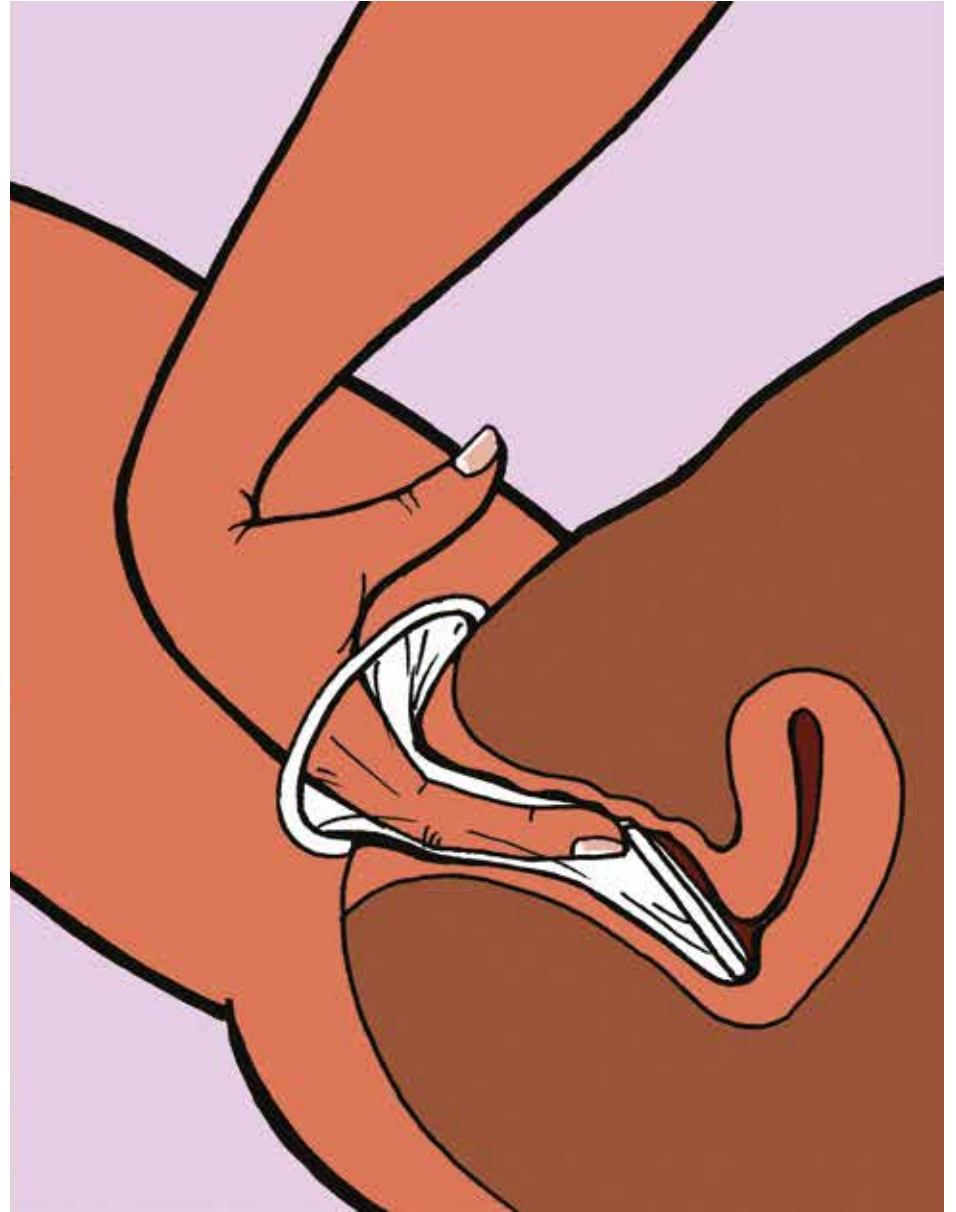
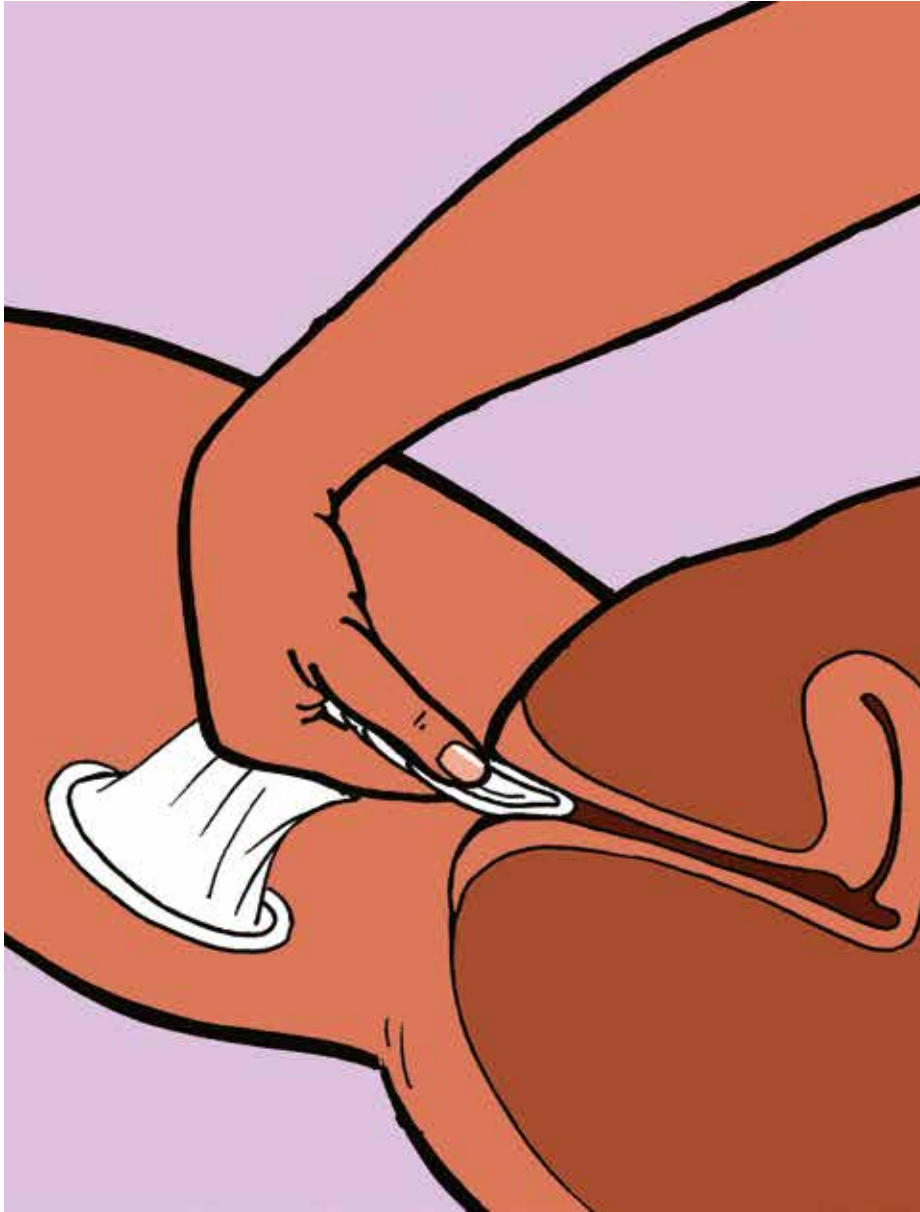




FC2 insertion

- Use the squeezed inner ring to insert FC2 into your vagina.
- Slide your index finger or middle finger inside the condom and insert it in your vagina as far as possible, using the inner ring.
- Make sure the condom is not twisted and lies smoothly against your vaginal wall.





FC2 insertion

- 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.

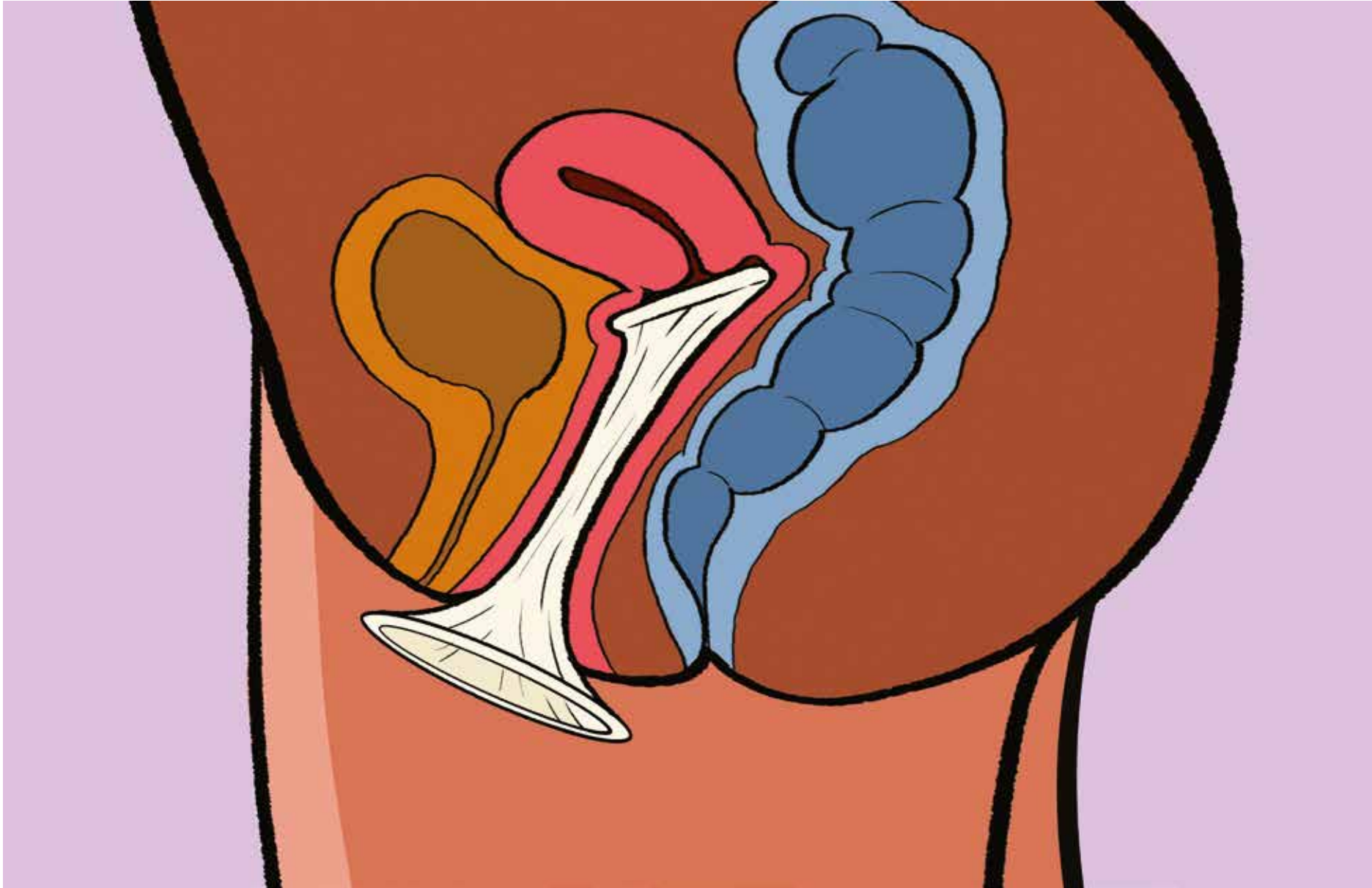




FC2 insertion

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





FC2 during sex

- Hold the outer ring in place as 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 lubrication either on the inside or outside of FC2 or directly onto your partner's penis once the condom is inserted.
- Never use a male and female condom at the same time. Using the two condoms together does not increase protection but does increase the chances of either one or both of them breaking.





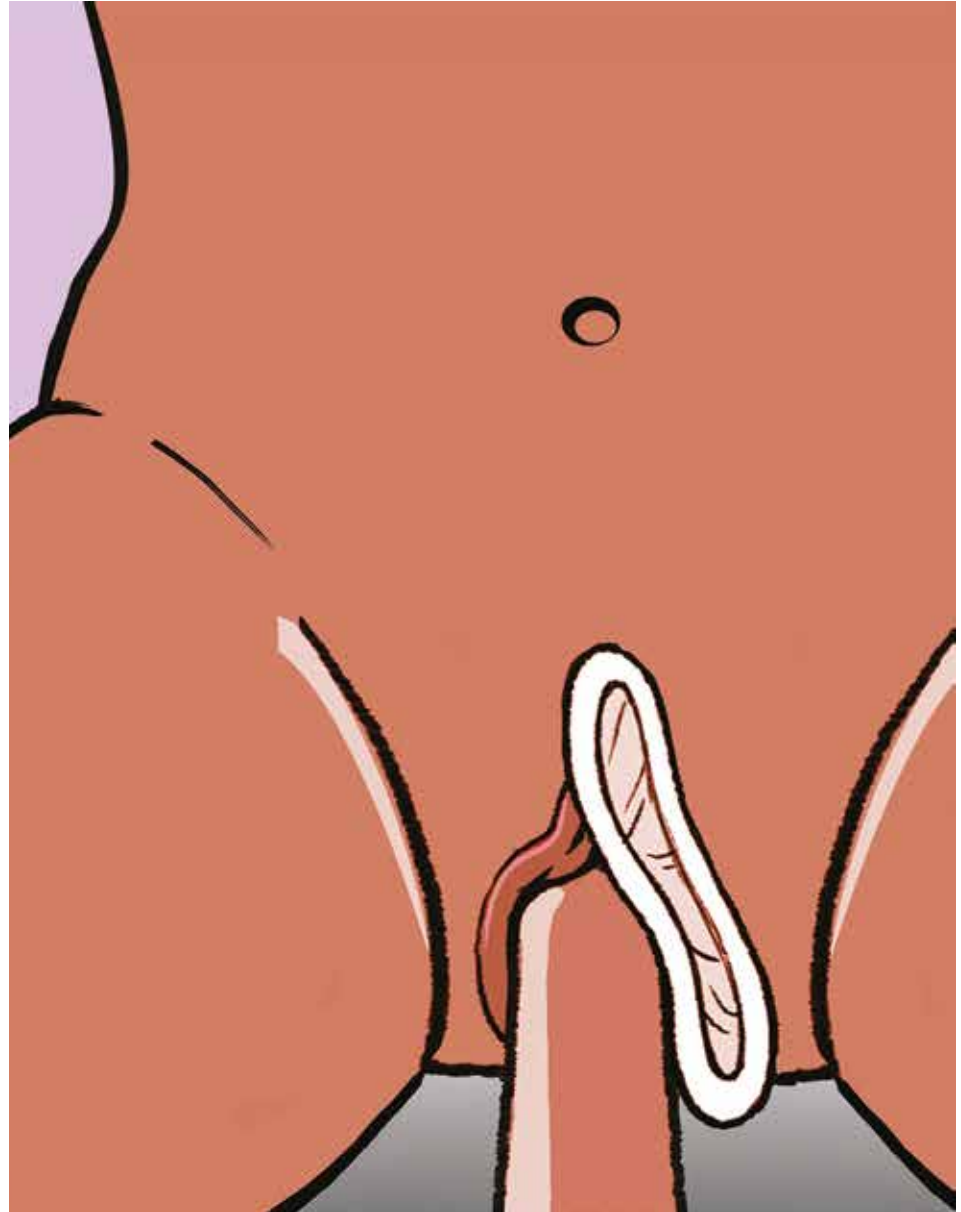
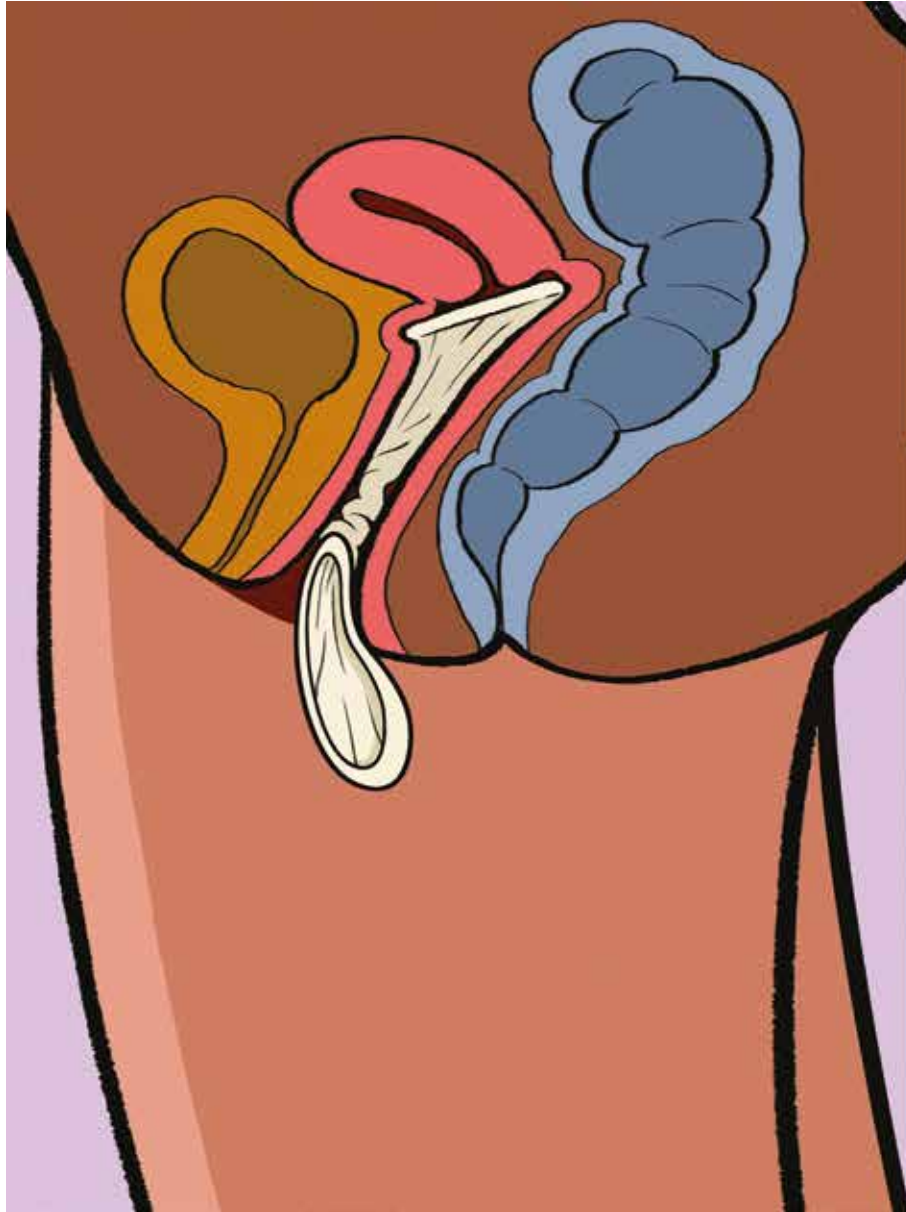
FC2 failure problems

Please notice!

Your partner needs to immediately withdraw his penis if:

- His penis enters between the condom and the vagina wall. In this case you should put the outer ring back in position before he slides his penis back inside the condom.
- The outer ring has been pushed into your vagina. In this case you should use a new FC2.





FC2 after use

- 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 package, and throw it in a rubbish bin.
- You should use a new FC2 for every sex act. Never reuse FC2.





www.fc2femalecondom.com | For more information, please contact: info@fc2femalecondom.com

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FC2 Female (Internal) Condom is manufactured by The Female Health Company (FHC)
USA / UK / MALAYSIA

