

How to use FC2 Female (Internal) Condom

These instructions show step by step how to insert the FC2 Female (Internal) Condom.

FC2 can be inserted either a few hours or just before sex. When FC2 is used for the first time, to practice the insertion might be needed.

FC2 can be inserted by women themselves but their partner can also do it for them.



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

2. 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.



3. Hold the inner ring between your thumb and forefinger. Then squeeze the sides of the inner ring together to form a point.

Do not twist the inner ring into a figure eight.



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



5. Feel for the outer lips of your vagina and separate them.





6. 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.



7. 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.



8. 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.



9. 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 lubricant either on the inside or outside of FC2 or directly onto your partner's penis once the condom is inserted.



10. 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.



11. 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.