

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING  
**FEMALE CONDOM FACT SHEET**

The Female Condom consists of a lubricated plastic covering shaped similarly to the male condom. The closed end, which has a flexible ring, is inserted into the vagina, while the open end remains on the outside. Female condoms prevent sexually transmitted infections (STIs) and pregnancy when they are used correctly and consistently.

Effectiveness:

- With typical use, the female condom is at least 79% effective in preventing pregnancy.
- Adding spermicide will increase the effectiveness.

Use:

- Be sure to read and follow the package directions carefully.
- Use a new female condom each and every time you have sex.
- Do not use both male and female condoms at the same time.
- If the female condom tears, discard it and use a new one.
- Use adequate lubrication – add more if needed.
- A female condom is more likely to prevent pregnancy when a spermicide is used.
- To remove – hold the outer ring of the condom, twist the ring clockwise to seal in fluids before removing. Promptly remove the condom from the vagina after intercourse and before standing.

Benefits:

- Gives women an option for preventing pregnancy and STIs.
- The female condom is an option for a woman whose partner refuses to use a male condom.
- The female condom can be put in 8 hours before sexual intercourse. Remember to add a spermicide before sex.
- Any lubricant can be used, including oil based lubricants (i.e. Vaseline or baby oil).
- Breakage is rare.
- The female condom is latex free.

Discontinuation:

- If the female condom is dislodged or removed during intercourse, emergency contraception is available at the Family Planning Clinic and should be taken within 120 hours (5 days) in order to prevent pregnancy.

Side Effects:

- Vaginal irritation may occur.

Warning Signs:

- High fever
- Diarrhea
- Vomiting
- Sunburn-like rash
- Dizziness
- Faintness
- Weakness
- Sore throat
- Aching muscles and joints

**\*THESE SYMPTOMS ARE SIGNS OF NON-MENSTRUAL TOXIC SHOCK SYNDROME. CALL THE CLINIC IMMEDIATELY IF YOU EXPERIENCE ANY OF THESE SYMPTOMS OR GO TO YOUR NEAREST EMERGENCY ROOM**

Risks and Complications:

- Abnormalities in vaginal anatomy may cause problems with stable placement.
- Development of Non-Menstrual Toxic Shock Syndrome.

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