

# Try it the female way

If it surprises you when  
you see it, it will surprise you  
even more when you use it

**Campaign to promote the use of the  
FEMALE CONDOM.**

Ask your pharmacist for advice.



CONSEJO GENERAL  
DE COLEGIOS OFICIALES  
DE FARMACÉUTICOS



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD, POLÍTICA SOCIAL  
Y IGUALDAD

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## WHAT IS THE FEMALE CONDOM?

It is an alternative to the male condom that protects against unwanted **pregnancies, HIV infection and other sexually transmitted diseases.**

It consists of a transparent nitrile sheath, with a flexible ring on each end, a smaller one that is placed inside the vagina and another, larger one which remains outside the vagina, covering the female genitals.

## WHY A FEMALE CONDOM?

Because for many women it can provide greater autonomy than the male condom, thus helping to increase their control over their fertility and sexuality.

## WHY SHOULD ITS USE BE RECOMMENDED BY PHARMACIES?

Pharmacies are everywhere and easily accessible and run by healthcare professionals, so they are of strategic importance in relation to preventive health education.

## ASPECTS TO CONSIDER WHEN PRESENTING IT

Initially, the female condom may seem unattractive and unpleasant, reducing willingness to try it. Its insertion may also be hindered by anticipating difficulties. Most complaints, however, disappear or are solved as the user becomes more skilled and experienced. Its presentation, therefore, is of the utmost importance, and should reinforce its **most positive aspects.**

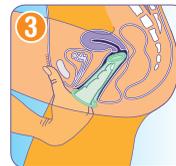
## HOW IS THE FEMALE CONDOM USED?



- Hold the condom with the outer ring hanging downwards. Pinch the closed (inner) ring between your thumb and index or middle finger so that it becomes long and narrow.



- Choose a comfortable position to insert the condom, such as standing up with one foot resting on a chair, seated with your knees apart or squatting or lying down.
- Insert the inner ring into the vagina.



- Push the inner ring (with your index finger inside the condom) as far as possible into the vagina.



- The outer ring should cover your external genitalia.



- Guide the penis with your hand towards the centre of the female condom, making sure that it is not inserted between the vaginal wall and the outside of the condom.



- After withdrawing the penis after intercourse, remove the condom by squeezing together the outer ring, twisting it to keep the semen inside and gently pulling it out of the vagina.



- After use it should be disposed of as household waste and not in the toilet.
- A new female condom must be used each time you have sexual intercourse.
- It cannot be used at the same time as a male condom.

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## USE YOUR CONCERNS

### Is it an effective method...?

- It protects against unwanted pregnancies, HIV infection and other sexually transmitted diseases.
- Its efficacy depends on whether it is used correctly every time you have intercourse. It is also very strong, and difficult to break during sex.

### It seems difficult to use...

- It is not difficult to use, but requires practice. Any problems experienced the first few times should not be an impediment. It should be used several times to become familiar with it.

### It makes a noise during sex...

- The noise was from the old material that was used to make the female condom. The new material makes less noise when used. And the noise can always be reduced by adding more lubricant.

### It will reduce spontaneity...

- It does not interrupt sex play before or after penetration as it can be inserted when sexual activity begins, and even up to 8 hours earlier, since the penis does not have to be erect when it is inserted.
- It enables sex in any position without slipping or breaking.
- It does not hinder the intimate moments after intercourse as it does not need to be withdrawn immediately after ejaculation.

### It won't feel the same...

- It adapts to the wearer and warms up during intercourse, making it feel more natural.
- It does not restrict the penis.

### Sex will not be as pleasant...

- The outer ring rubs against the clitoris and increases the pleasure of many women.
- The inner ring can increase the pleasure of both women and men.

## ADVANTAGES

- **Alternative to the male condom.**
  - **Protects against unwanted pregnancies, HIV infection and other sexually transmitted diseases.**
- **Enables sex play without interrupting intercourse.**
- **Suitable for people allergic to latex.**
  - **Provides more lubrication.**