

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

FEMALE CONDOM FACT SHEET

The female condom consists of a soft, loose-fitting, non-latex lubricated sheath shaped to fit the vagina. The closed end, which has the smaller, flexible ring, is inserted into the vagina, while the open end, with the larger, softer ring, remains on the outside. Female condoms prevent sexually transmitted infections (STIs) and pregnancy when they are used correctly and consistently.

EFFECTIVENESS:

- At least 80% effective in preventing pregnancy
- Adding a spermicide may 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.
- The female condom should be removed after sex and before standing up to avoid spillage of semen.

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.
- Any lubricant can be used, including oil-based lubricants (i.e., Vaseline or baby oil).
- Breakage is rare.
- The female condom is latex free.
- Can be inserted up to 8 hours before sex.
- When inserted correctly, flexible rings can increase sexual pleasure.

DISCONTINUATION:

- If the female condom is dislodged or removed during intercourse, emergency contraception is available at the Family Planning Clinic.

SIDE EFFECTS:

- Vaginal irritation or discomfort 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.

RISKS AND COMPLICATIONS:

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

PERSONAL HEALTH CENTER
989-758-3870

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Reference: Hatcher, R.A., et al, (2018) Contraceptive Technology (21st Edition)
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