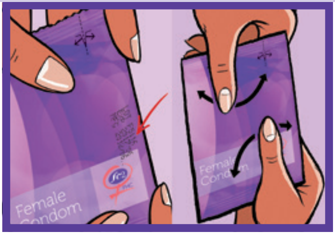
Ukusetshenziswa kwekhondomu yabesifazane i FC2

Lemiyalezo ikhombisa izinyathelo zokufakwa kwekhondomu esithweni sowesifazane. I FC2 Ingafakwa ngaso isikhathi socansi noma amahora ambalwa ngaphambi kocansi.
Uma i FC2 isetshenziswa okokuqala, kufanele abantu bazifundise ukuyifaka.
Abesifazane bangazifaka noma bafakwe izithandwa zabo.

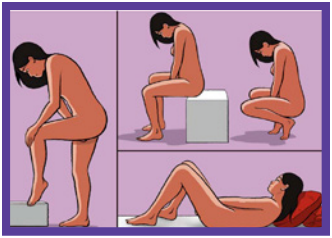


1 Ngaphambi kokuvula iphakethe leFC2:

- Bheka usuku lokuphela olugxivizwe eceleni kwephakethe leFC2.
- Hlikihla iphakethe leFC2 ukusabalalisa amafutha ngaphakathi.

2 Ukuvula iphakethe, dabula kusuka ophawini oluyinkomba ngasesandleni sokudla phezulu, wehle uye phansi, khipha ikhondomu. Ungasebenzisi isikelo, ummese noma amazinyo ukuvula iphakethe. Thulula ikhondomu, uyibambe ibheke phansi ngokuvuleka kwayo.

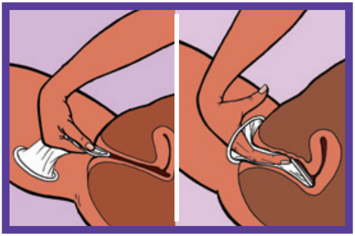
3 Bamba ikhondomu ngering yangaphakathi uyibaqaze phakathi komunwe wenkomba nesithupha uyenze ibencane ilungele ukufakwa.



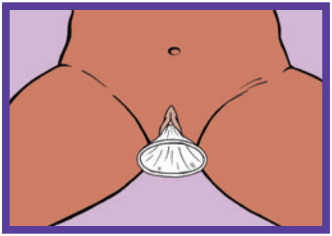
4 Ungayifaka i FC2 ngezindlela eziningi ezehlukene.
Thola indlela ezolungelana nawe. Ungama, ungahlala, ungaqoshama noma ulale ngomhlane.

5 Thinta izindebe zangaphandle zesitho sangasese, uzivule.

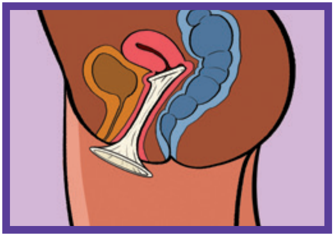
I FC2, ikhondomu yabesifazane ekhiqizwa inkampani i Female Health Company



6. Faka iFC2 esibaqaziwe ingene esithweni sangasese. Faka umunwe kwikhondomu uphushe iring yangaphakathi ingene phakathi iye emuva. Qiniseka ukuthi ikhondomu ayijijekile ukuze ihlale kahle.

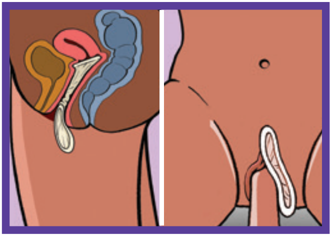


7. Ingxenye yekhondomu kanye nering yangaphandle kusala ngaphandle kwesitho sowesifazane sangasese, kumboze izindebe zangaphandle kanye nengxenye yesitho sowesilisa ngezansi.



8. I FC2 iqaqela isitho sowesifazane ngaphakathi futhi imboze nomlomo wesibeletho. Umlomo wesibeletho umncane ngendlela yokuthi i FC2 ngeke ikwazi ukudlula kuwo.

9. Bamba iring yangaphandle ngesikhathi owesilisa engena. Uma esengenile, isitho sakhe sesingaphakathi kwikhondomu, asisekho isidingi sokuqhubeka ubambe iring yangaphandle. Ukuthola ukuthokoza okukhulu, unganezela amafutha ngaphakathi noma ngaphandle kweFC2 noma kusona isitho sowesilisa uma ikhondomu isifakiwe.



10. **Qaphela**! Owesilisa kudingeka aphume ngokushesha uma:

- Induku yakhe ingene eceleni hayi kwikhondomu. Kulokhu kudingeka uphinde ubuyisele iring yangaphandle endaweni yayo uyibambe ukuze aphinde abuye azongena kahle ngaphakathi kwikhondomu.
- Iring yangaphandle iphusheke yangena ngaphakathi esithweni sowesifazane. Kulokhu udinga ukuyikhipha ikhondomu, ufake entsha.

11. Ukuyikhipha i FC2, bamba iring yangaphandle amacala omabili uyijikelezise amahlandla amathathu kuya kwamahlanu ukuze kuvaleleke konke okuchithwe owesilisa ngaphakathi. Kuhle ukwenza lokhu ngaphambi kokusukuma. Donsa ikhondomu kahle uyikhiphe. Ibuyisele ephaketheni noma uyigoqe ngephepha uyilahle nodoti.