The F2C Female Condom is indicated for vaginal use for the prevention of unplanned pregnancy and the transmission of sexually transmitted infections (STIs), including HIV.

If you are being treated for a sexually transmitted infection (STI) or think you have one, see your healthcare provider first.

IMPORTANT THINGS TO KNOW

**Natural importance**

Natural rubber latex condoms for men are highly effective in preventing sexual transmitted infections, including HIV, if used correctly.

If you are not going to use a male natural rubber latex condom, you can use the F2C Female Condom to help protect yourself and your partner.

The F2C Female Condom only works when you use it. Use it correctly every time you have sex.

Before you try the F2C Female Condom, be sure to read the directions, and know how to use it correctly.

**How to use the F2C Female Condom**

1. **Before you use the F2C**, be sure to read the directions and learn how to use it correctly.
2. **Practice putting the F2C in the vagina without having sex to familiarize with how it works.**
3. **Make sure the F2C is in place before the penis goes in.**
4. **No studies have been conducted to determine if a spermicide is compatible with F2C material or if using a spermicide increases the F2C’s effectiveness.**
5. **Store the F2C at normal room temperature.**

**Benefits of using the F2C**

Using the F2C will help prevent being infected with a sexually transmitted infection or getting pregnant.

- **The F2C does not contain natural rubber latex.**
- **The F2C provides women with an option for protection which they can initiate.**
- **Women can insert the F2C ahead of the sex act.** This allows for a more spontaneous act because an erection is not needed to insert the F2C.

**Risks of using the F2C**

- **Use the F2C Female Condom correctly every time you have sex. If the F2C is not used correctly every time, your risk of getting a sexually transmitted infection or becoming pregnant will be higher.**
- **Incorrect use may result in the F2C not providing protection. To avoid risk of incorrect use, read the instructions carefully.**
- **Research has shown that the following events are rare but can occur when using the F2C:**
  - discomfort during insertion
  - pain after insertion, before or after sex
  - discomfort during sex
  - burning sensation, rash or itching

**Some features of using the F2C**

- **You must use the F2C Female Condom yourself.** It gives you a way to protect yourself.
- **The F2C Female Condom warms up as soon as you insert it.** It is both strong and soft.

**Description**

The F2C Female Condom is a soft, bell-shaped sheath. It has a ring at each end. The inner ring at the closed end is made of polyurethane and is used to connect the F2C Female Condom inside the vagina and to help hold it in place. It is not connected to the female condom. The outer end of the sheath, when the opening, stays outside the vagina. The F2C Female Condom comes preslenderized with lubrication.

**About the F2C’s effectiveness**

The effectiveness of the F2C Female Condom is based on a study conducted in South Africa comparing the F2C Female Condom to the earlier version F2C Female Condom. A comparative study evaluated the F2C and F1C with respect to the four possible problems described earlier in the brochure:

- The female condom may break during use;
- The female condom may rip out of the vagina during sex;
- The penis may push the female condom into the vagina;
- The penis may push past the condom into the vagina (unprotected).

These four problems are the only ways that the vagina would be exposed to semen when using the F2C Female Condom. If any of these occur, you should dispose of that female condom, and use a new one. This comparative study showed that there were rates of these problems with the F1C and F2C female condoms are similar. Although the F2C was not studied for contraception or STI protection, contraceptive efficacy can be inferred on the basis of this comparative study and another study that demonstrated the effectiveness of the F2C for contraception. These results are shown in the table below.

- **Information on how well different contraceptives protect against pregnancy. The numbers are based on how often the method was used correctly and perfect use. Typical use rates indicate that the method may have been used incorrectly, may have been used with every sex act, or may have failed during sex. Perfect use rates indicate that the method was used correctly with every sex act but failed anyway.**

**How to use the F2C female condom**

1. **To open the packet:**
   - Locate the tear notch at the upper right-hand corner and tear open the F2C Female Condom with scissors (Figure A).
   - Rub the outside of the pouch together to be sure the lubrication is even. Spread inside the pouch from the bottom to the top. (Figure A).
   - Take out the F2C, and look at it closely to make sure it is not damaged.

2. **To insert the F2C female condom:**
   - Find a comfortable position. Try standing with one foot on a chair, or sit with knees apart, or squat down.
   - Be sure the inner ring is at the bottom, closest to the pouch (Figure B).
   - After two or three times, you should become familiar with using the F2C Female Condom and should hardly notice the pouch or the outer ring during sex.
   - You may notice that the F2C Female Condom moves around inside you. See Figure C.

3. **Next steps:**
   - Hold the pouch with the open end and hanging down. While holding outside of the pouch, squeeze the inner ring with your thumb and middle finger.
   - Place your index finger between the thumb and middle finger, and keep squeezing the inner ring (Figure C). Or, just squeeze – whichever is easier for you (Figure C).
   - Still squeezing the F2C Female Condom with your other hand, spread the lips of the vagina as if you were getting ready to insert a tampon.
   - Inserting the F2C Female Condom as shown in Figure D.

4. **After intercourse:**
   - To take out the F2C Female Condom, squeeze and hold the outer ring to keep the open end inside the pouch. Pull out gently, throw away in a trash can.
   - If you need to, if the penis starts to enter underrside or outside the pouch, STOP (Figure F).
   - Take out the F2C Female Condom. Pull in a new F2C Female Condom. Make sure the outside part lies over the vagina.

5. **Remember:**
   - To help reduce risk of pregnancy and the spreading of a sexually transmitted infection:
     - Use a new F2C Female Condom every time you have sex.
     - Follow the directions carefully.

**Questions you may have about the correct use of the F2C Female Condom**

- **Will the F2C Female Condom always prevent pregnancy and STIs?**
  - No method is 100 percent effective. Natural rubber latex condoms for men are highly effective at preventing sexually transmitted infections, including AIDS (HIV/AIDS). If used correctly. If you are not using it in a male condom, the F2C to help protect yourself and your partner.

- **How do I know when the F2C Female Condom is up for renewal?”**
  - STOP. Remove the F2C Female Condom device. Insert a new F2C Female Condom according to the directions.

- **Will I feel the F2C Female Condom once it is in place?**
  - Yes. It is possible that you will be aware of it.

- **What do I do if the penis is inserted outside the female condom?”**
  - You should ask your partner to withdraw immediately, take the penis, and help reinser the penis inside the condom.

- **Will the F2C Female Condom rip or tear while I am using it?**
  - Studies show that the F2C Female Condom can rip or tear while being used. If you think the F2C Female Condom has been ripped or torn, remove it right away, throw it away, and insert a new F2C Female Condom.

- **Will the F2C Female Condom bunch up inside the vagina?”**
  - The F2C Female Condom should not bunch up inside if it is inserted correctly. If you feel the outer ring beginning to bunch, STOP. Remove the F2C Female Condom device. Insert a new F2C Female Condom device according to the directions.

- **What does the outer ring feel like during sex?”**
  - While aware of the outer ring, most women say that it does not interfere with intercourse.

- **What do I do if the F2C Female Condom does not bloom?**
  - You can insert the device as usual. If the F2C Female Condom moves down towards the vagina during intercourse, either push it back up, or remove the F2C Female Condom. If you remove the F2C Female Condom, use a new one.

**Do you have a question on how to use the F2C Female Condom?**

- Call your healthcare provider, or call 1-800-376-6607.
- You can also email us at info@f2cusa.com.
El Condom Femenino F·C está indicado para uso vaginal para prevenir embarazos no planificados y la transmisión de infecciones de transmisión sexual (ITS), incluidos el VIH.

**INFORMACIÓN IMPORTANTE**

Los condones de latex de caucho natural para hombres son altamente efectivos en la prevención de las infecciones de transmisión sexual, incluido el VIH, de ser usados correctamente.

Si usted no va a utilizar un condón de latex de caucho natural masculino, podrá usar el Condom Femenino F·C para proteger a usted y a su pareja.

El Condom Femenino F·C sólo funciona cuando se lo utiliza. Utilice de manera correcta cada vez que tenga relaciones sexuales.

Antes de usar el Condom Femenino F·C, asegúrese de leer las instrucciones y aprender a utilizarlo correctamente.

**MÉTODO ANTIMICROBIANO**

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El presente folleto explica el modo de uso del Condom Femenino F·C e incluye respuestas a algunas preguntas que las mujeres a menudo hacen sobre su uso. Lea el presente folleto atentamente antes de usar el Condom Femenino F·C por primera vez.

**LEA LA SIGUIENTE INFORMACIÓN ANTES DE UTILIZAR EL CONDOM FEMENINO FC**

El Condom Femenino F·C está indicado para uso vaginal para prevenir embarazos no planificados y la transmisión de infecciones de transmisión sexual (ITS), incluidos el VIH.

Si se encuentra en tratamiento por una infección de transmisión sexual (ITS) o a riesgo de padecer de una, consulte a su proveedor de salud.

**PUNTOS IMPORTANTES PARA TENER EN CUENTA**

Los condones de latex de caucho natural para hombres son altamente efectivos en la prevención de las infecciones de transmisión sexual, incluido el VIH, de ser usados correctamente.

Si usted no va a utilizar un condón de latex de caucho natural masculino, podrá usar el Condom Femenino F·C para proteger a usted y a su pareja.

El Condom Femenino F·C sólo funciona cuando se lo utiliza. Utilice de manera correcta cada vez que tenga relaciones sexuales.

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**FOLLETO CONDÔM FEMÂLE CONDOM**