



STEP-BY-STEP INSTRUCTIONS

Once you get the hang of it, the FC2 Internal Condom is easy to use. With a little practice, you'll soon become very comfortable with it! Try it at least three times, and you'll see why FC2 is a great choice for both women and men.



OPEN THE PACKET

Locate arrow and carefully tear down from the notch on the top of the package.

DO NOT USE SCISSORS OR KNIFE TO OPEN.



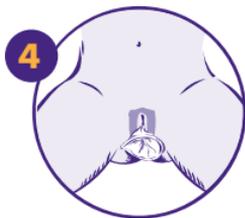
HOW TO HOLD

Hold the condom at the closed end, open end hanging down. Grasp the flexible inner ring and squeeze with the thumb and middle finger so it becomes long and narrow.



CHOOSE A POSITION & INSERT

Squat, raise one leg, sit or lie down. Gently insert the inner ring into the vagina. Push the inner ring up and back into the vaginal canal, moving it into place. **Push the condom as far as it will go – near pubic bone.** Make sure it is not twisted. The outer ring remains outside the vagina.



READY FOR USE

FC2 Internal Condom is now in place and ready to use with your partner.



GUIDE

Gently guide your partners penis into the vagina. Make sure that it enters properly. Once the penis is inserted, if there is discomfort, withdraw the penis and reposition the inner ring (discomfort can be caused by the inner ring bumping against the cervix when FC2 is not properly inserted).



REMOVAL

To remove the condom twist the outer ring and gently pull the condom. Wrap the condom in the sachet package or tissue and throw into the garbage.

DO NOT FLUSH. DO NOT REUSE.



PRODUCT DETAILS AND USE

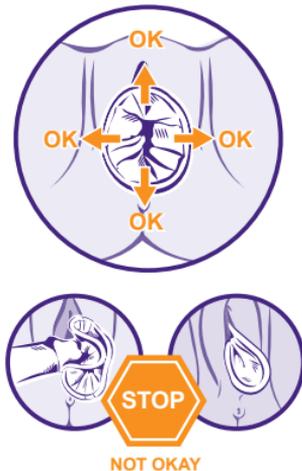
- 1** The polyurethane inner ring is used for insertion and to hold the sheath in place during intercourse.



Made of Nitrile -
Latex Free

The nitrile outer ring covers the area around the opening of the vagina.

- 2** Be sure that the penis is not entering on the side or between the sheath and the vagina wall. Make sure that the outer ring is not pushed into the vaginal opening; it should remain outside, covering the labia.



IMPORTANT INFORMATION: *Natural rubber latex condoms for men are highly effective at preventing sexually transmitted infections, including HIV/AIDS, if used correctly. *If you are not going to use a male natural rubber latex condom, you can use the FC2 Internal Condom to help protect yourself and your partner. *The FC2 Internal Condom only works when you use it. Use it correctly every time you have sex. *Before you try the FC2 Internal Condom, be sure to read the directions and learn how to use it correctly.

RISKS OF USING THE FC2: Use the FC2 Internal Condom correctly every time you have sex. If FC2 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 FC2 not providing protection. To avoid risk of incorrect use, read the instructions carefully prior to use. Research has shown that the following events are rare but can occur when using FC2: discomfort during insertion, pain after insertion, before sex, discomfort during sex, burning sensation, rash or itching.

BENEFITS OF USING THE FC2: Using FC2 during sexual intercourse can help protect against getting a sexually transmitted infection or getting pregnant. FC2 does not contain natural rubber latex. FC2 provides women with an option for protection which they can initiate. Women can insert FC2 ahead of the sex act. This allows for a more spontaneous act because an erection is not needed to insert FC2.

Before using FC2, please read the product leaflet and complete product labeling information: www.fc2.us.com/labeling.

For more information please contact us at: (800)-274-6601