

FEMALE CONDOM

(Based on Managing Contraception Pocket Guide 2019-2020)

Effectiveness: 95% with perfect use; 79% with typical use

Action: Acts as a barrier by blocking entry of sperm into the female's vagina. Also helps decrease transmission of STDs, including gonorrhea, chlamydia and PID

Advantages/Benefits:

- Assistance from male partner is not needed, so may be an option for a woman who cannot get a man to use a condom but who herself desires this protection
- Breakage is rare
- Works better when used with a spermicide
- Can be used by a woman who cannot take hormonal contraceptives because of diabetes or high blood pressure
- May be inserted up to 8 hours before sex to allow for spontaneity
- Severe obesity or arthritis may make insertion/removal difficult
- Not made of latex, so can be used if either partner has a latex allergy and can be used with oil-based lubricants
- No special fitting is needed
- Available over the counter, without need for prescription
- May be used as a back-up method

Disadvantages/Risks:

- This is a large condom, so some people may consider it unattractive and odd, and therefore believe it affects sexual pleasure
- Noise made from the condom during intercourse may be distracting (consider use of a lubricant)
- Requires some education and practice before use
- Increased risk for urinary tract infections
- Higher failure rates than with hormonal contraception

Instructions:

- Review this sheet carefully and report any questions or concerns to your health care provider
- Follow all healthcare instructions
- Obtain and practice placement before use