

Cover:

“Hu Xiang Hao” recommends you Female Condom

PSI Population Service International Yunnan PSB Narcotic Control Bureau Anti-drug Division

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Title: Female Condom can Protect you effectively, can give you more choices and equal rights in the sexual contact.

- ❖ The female condom is a barrier method that provides “dual protection” in preventing unintended pregnancy and STDs including HIV/AIDS.
- ❖ Is made of polyurethane and is odorless and is for one time use.
- ❖ The outer ring covers the vagina and the external genitalia of woman and the base of the penis. Female condom protects female health completely.

Comparing to male condom, it also has other advantages as follows:

- ❖ Thin, soft, odorless, and stronger than those latex male condoms.
- ❖ It is heat seeking and clings to the vagina wall. Many find it is sensitive and pleasurable.
- ❖ No hyper susceptibility.
- ❖ The female condom doesn't need any special storage condition. It will not deteriorate in high temperature or humid weather.
- ❖ Depending on your personal preference both oil-based and water-based lubricant can be used such as cooking oil, coconut oil, Vaseline and baby-oil etc.

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Outer ring & Inner ring

How to use the female condom?

Most women find that they can insert the female condom without difficulty after three or four times.

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Step 1:

Carefully tear open the packet along the edges and remove the condom without scissors or knives.

Step 2:

The condom has a smaller inner ring and a larger outer ring.

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Step 3:

Hold the condom with the open end hanging down by thumb, index finger and middle finger.

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Step 4:

Find a comfortable position to insert the condom (squat, sit with your knees apart or stand with one foot on a chair.)

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Step 5:

Still squeezing with your three fingers insert the inner ring of the condom into your vagina.

Step 6:

Put your index finger inside the condom until you can feel the inner ring. Use your finger to push the ring up inside the vagina. You can tell the condom is in place when the inner ring moves or clicks into position behind the pubic bone.

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Step 7:

The outer ring should lie flat against the opening of your vagina. Then, you can have sex with your partner now.

Step 8:

Use your hand to guide your partner's penis into the condom. Make sure the outer ring lies flat against the vagina opening. Make sure penis does not insert between condom and vagina wall.

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Step 9:

After sex remove the female condom by twisting the outer ring and pulling it out gently.

Step 10:

Wrap the condom with a paper or plastic bag and throw it into the garbage bin or dustbin. Do not flush it. It can produce blockage.

All pictures are from British Female Health Company.

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Tips:

Can I reuse the female condom?

No. It is not re-useable. A new condom should be used every time you have sex.

Can the female condom be used with other contraceptive methods?

Yes. It can be used with other birth spacing methods. We advise not to use the female condom together with male condom, as the lubricant from the female condom can damage the male condom.

Is there any time when I should not use the female condom?

No. You can use it always.

When I should not use the female condom?

Women with severe genital ulcers, prolapsed or retroverted uterus, or those with fibroids, dysfunctional uterine bleeding should not use it.

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Why is the female condom lubricated?

It helps penis move freely in and out of the vagina during intercourse. Do not wipe the lubricants off the condom. It will help you deserve extra comfortable feeling.

Can I use the condom after the expiry date?

No. Do not use it after the expiry date. It is clearly printed on the packet and is 5 years from the manufacture.

Will a female condom move or twist inside the vagina?

The female condom can move a little during sex. This is natural and will not reduce protection or pleasure.

Will the female condom be noisy while having sex?

The female condom may make some noise during sex, adding a few drops of lubricant to the inside of the female condom can reduce this. Noise also can be reduced if the female condom is inserted beforehand for about 20 minutes.

Will the female condom tear while I'm using it?

Research has shown that it is almost impossible for a female condom to tear during use. However, if

torn, you should discard the female condom and use a new female condom.

Back cover:

Hu Xiang Hao is a brand indicates a series high quality product and service to improve the health of high-risk group.

Ruili Women's Development Center