



# Information about the FC2 Condom and Its Use

For More Information visit us at [www.FC2SF.org](http://www.FC2SF.org)  
Or call: 1-415-355-2040

The FC2 condom has the same design and instructions for use as the FC1 condom (reality condom). The material has been changed to improve affordability, while maintaining the high quality, reliability and features of FC1.

Insert FC2 prior to sexual intercourse to provide protection against HIV/AIDS, other sexually transmitted diseases (STDs) and unintended pregnancies. The inner ring aids insertion and helps to secure the device in place during intercourse while the softer outer ring remains outside the body.



## FC2 condom

- Is made of synthetic nitrile. It was designed to improve affordability, particularly in large volumes, while maintaining the high quality, reliability and features of the original FC1 condom.
- Has been shown in studies to be comparable to FC1. These assessments include preclinical safety studies of the new material and a direct comparison study evaluating efficacy in terms of failure rates (rips, tears and slippage).
- Has passed a stringent technical review process conducted by WHO including safety, quality and clinical data.

## Like FC1, FC2

- Provides women and men with an additional choice to protect themselves against HIV/AIDS, other STDs and unintended pregnancies.
- Forms a barrier between the penis and the vagina, cervix, anus and part of the external genitalia, thereby providing additional protection.
- Is strong, hypoallergenic and, unlike latex, may be used with both oil and water-based lubricants.
- Is not dependent on the male erection, does not require immediate withdrawal and is not tight or constricting.

## DURING INTERCOURSE

- You may notice that the FC2 moves around during sex. Movement side-to-side of the outer ring is normal.
- Sometimes the FC2 may slip up and down, “riding” on the penis. Don’t worry, both the vagina/anus and the penis are still covered.
- However, if you notice the FC2 is slipping out, STOP, remove, and insert a new FC2.
- If you begin to feel the outer ring being pushed inside, STOP. Or, if the penis starts to enter underneath or beside the pouch, STOP. Take out the FC2. Put in a new FC2.
- **DO NOT USE WITH A TRADITIONAL MALE CONDOM, use one or the other.**

**Remember:** To help reduce your risk of getting a STDs, use a new FC2 correctly every time you have sex. Follow the directions carefully. Be sure you don’t tear the FC2 with fingernails or other sharp objects. Before you try the FC2, be sure to read the directions and learn how to use it correctly.

# How to Use the FC2 Condom ® For Vaginal Sex

## TO OPEN THE PACKAGE

Locate the arrow at tear notch on the upper right-hand corner and tear open.

### Fig. A

Rub the outside of the pouch together to be sure the lubrication is evenly spread inside the pouch.

Fig. A

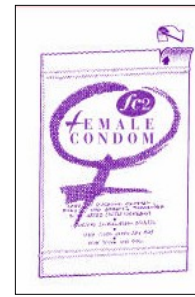
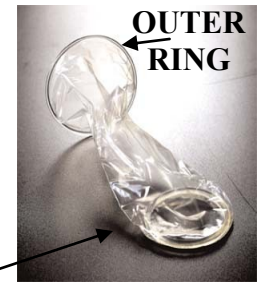


Fig. B



## TO INSERT THE FC2

- Find a comfortable position. Try standing with one foot up on a chair, or sit with knees apart, or squat down.
- Be sure the inner ring is at the bottom, closed-end of the pouch **Fig. B**.

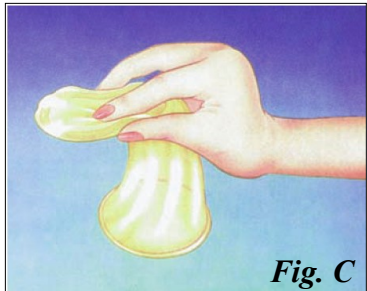


Fig. C

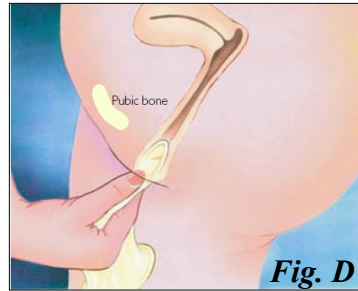


Fig. D

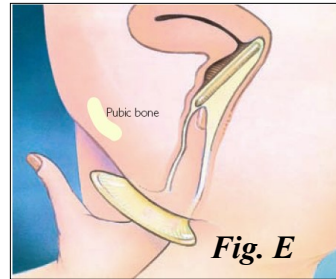


Fig. E

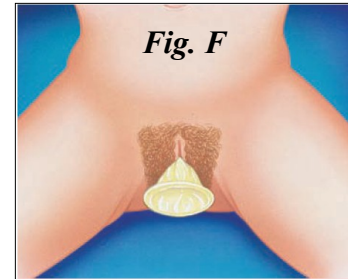


Fig. F

- Hold the pouch with the open end hanging down. While holding the 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 **Fig. C**.
- Still squeezing the FC2 with your other hand, spread the lips of the vagina as if you were getting ready to insert a tampon.
- Insert the squeezed FC2 as shown in **Fig. D**.
- Take your time. If the FC2 is slippery to insert, let it go and start over.
- Now push the inner ring and the pouch the rest of the way up into the vagina with your index finger. Check to be sure the inner ring is up just past your pubic bone **Fig. E**.
- You will feel your pubic bone by curving your index finger when it is a couple of inches inside the vagina.
- This step may be hard to do on the first or second try because the FC2 is lubricated.
- Take your time and push the closed end of the FC2 up to where you can feel the pubic bone.
- Make sure the FC2 is inserted straight (not twisted) into the vagina.
- It is also important that the outside ring lies against the outer lips of the vagina as shown in **Fig. F**.
- About one inch of the open end will stay outside your body. While this may look unusual, this part of the FC2 helps protect you and your partner during sex. Once the penis enters, the vagina will expand and the slack will decrease.

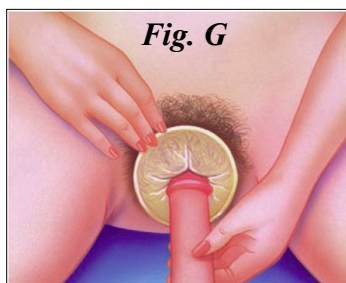


Fig. G

- Until you and your partner become comfortable using the FC2, use your hand to guide the penis into the vagina **Fig. G**.
- After two or three times, you should become familiar with using the FC2 and should hardly notice the pouch or the outer ring during sex.

## DURING INTERCOURSE

- You may notice that the FC2 moves around during sex. Movement side-to-side of the outer ring is normal.
- However, if you notice the FC2 is slipping out, STOP, remove, and insert a new FC2.
- If you begin to feel the outer ring being pushed inside, STOP. If the penis starts to enter underneath or beside the pouch, STOP. Take out the FC2. Put in a new FC2. **Fig. H**

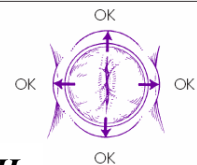


Fig. H



## AFTER INTERCOURSE

- To take out the FC2, squeeze and twist the outer ring to keep the sperm inside the pouch. Pull out gently. Please see **Fig. I**. Throw away in a trash can. Do not flush. Do not reuse.

Fig. I

