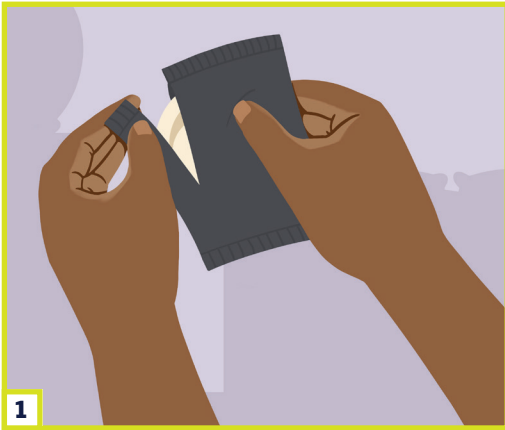
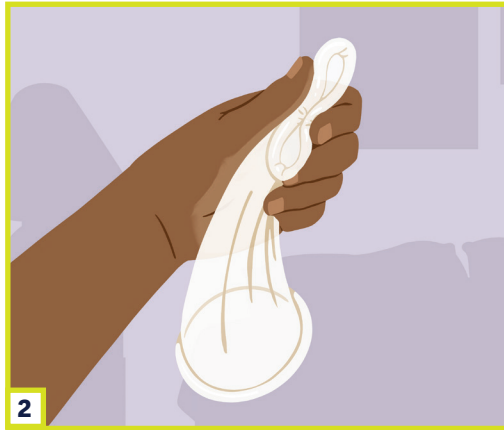


INTERNAL CONDOM

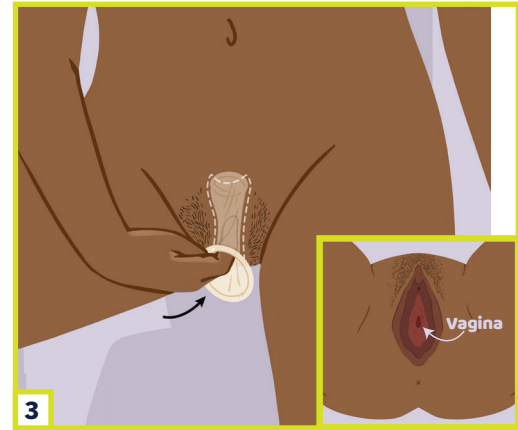
HOW TO USE AN INTERNAL CONDOM



Right before having sex, locate the arrow on the package and carefully tear down from the notch on the top of the package. Check to make sure there are no holes or tears.



Hold the internal condom at the closed end so the open end hangs down. Squeeze the flexible inner ring so it becomes long and narrow.



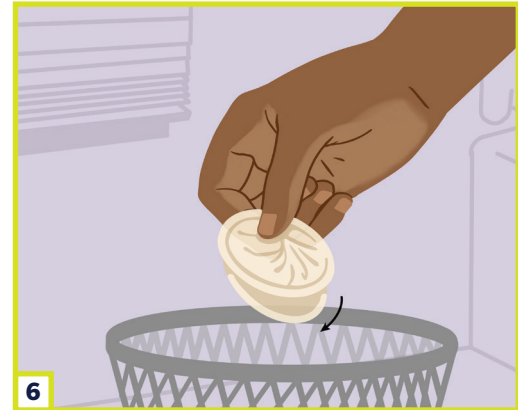
To insert the internal condom, squat, raise one leg, sit, or lie down. Gently insert the inner ring into the vagina as far as it will go. Make sure it is not twisted.



Hold the outer ring in place as you guide your partner's penis or parts into your vagina or anus. Be careful not to let your partner push the entire internal condom inside of you.



After use or ejaculation, twist the outer ring to prevent spilling any semen that may be inside. Pull it out of the vagina.



Keep the internal condom twisted and throw away in a trash can. Do not flush down the toilet.

HOW IT WORKS

The internal condom creates a barrier between the skin and fluids to help prevent pregnancy and sexually transmitted infections (STIs).

HOW OFTEN YOU USE IT

Put a new internal condom in every time you have contact with someone's skin or genital fluids.

EFFECTIVENESS

Typically, **79%** of people don't become pregnant.

STI PROTECTION

Internal condoms protect against STIs.



HOW TO GET IT

A healthcare provider provides a prescription that is filled at a pharmacy. You can also purchase internal condoms at <https://fc2.us.com/>

COST

If you have insurance, typically the internal condom is low- or no-cost. If you order from the FC2 website, a pack may cost between \$28–48 without insurance.

VISIBILITY

Your partner(s) will be able to tell you're wearing the internal condom.

STORAGE

Store in a dry place, ideally between 59–77°F.

ADDITIONAL INFORMATION

- Non-hormonal
- Can be difficult to insert and keep in place
- Can cause irritation
- Latex can cause an allergic reaction
- Can also be used for anal sex in which case you will insert the condom into the anus and follow the same procedures.

If you notice any concerning changes, reach out to your healthcare provider immediately.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.

 **hello greenlight®**
Learn more at hellogreenlight.org/internal-condoms