

USER GUIDE: INTERNAL CONDOM

Remember, both the external condom and the internal condom **protect you from Sexually Transmitted Infections and HIV.** If you are looking for protection from STIs and HIV, both the internal and external condom are great options!



HOW DOES THE INTERNAL CONDOM WORK?

- The internal condom is a loose tube made of soft plastic material that blocks sperm from reaching the egg. If the sperm does not reach the egg, you cannot get pregnant.
- The internal condom has a closed end with an inner ring that covers the cervix and an open end with an outer ring that stays outside the vagina.
- No method of birth control is 100% effective. Twenty-one in 100 people using the internal condom for a year get pregnant.

HOW DO I USE AN INTERNAL CONDOM?

- Use a new internal condom each time you have sex.
- To prevent tearing, do not use an external condom while using an internal condom.
- To insert an internal condom before sex:
 - Find a comfortable position (for example: lying down, standing with one foot on a chair).
 - Squeeze the sides of the inner ring of the closed end and insert it into the vagina like a tampon. Push the inner ring as far as it will go comfortably, up to your cervix.
 - Make sure the internal condom isn't twisted.
 - Remove your finger and let the outer ring of the open end hang outside the vagina.
- To remove an internal condom after sex:
 - Squeeze and twist the outer ring.
 - Gently pull the condom out of the vagina and throw it away.

WHAT IF I STOPPED USING AN INTERNAL CONDOM AND HAD UNPROTECTED SEX? WHAT IF THE INTERNAL CONDOM BREAKS DURING SEX?

- Consider taking Emergency Contraception (EC) right away. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

WHAT DO PEOPLE LIKE ABOUT THE INTERNAL CONDOM?

- Can also be used for anal sex.
- Can be put on as part of sex play.
- It has no hormones.
- No need for an erect penis to keep the internal condom in place.
- Protects you from sexually transmitted infections, including HIV.
- Latex-free
- Some people don't like relying on other people using condoms, and prefer the control the internal condom offers them.

HOW WILL THE INTERNAL CONDOM AFFECT ME?

- There are no side effects.
- You and your partner can feel the condom during sex.
- Some people find that the internal condom decreases pleasure with sex. Others say it is noisy.

WHERE DO I GET THE INTERNAL CONDOM?

- You can get it in stores, pharmacies, some health centers, and online.

IS THE INTERNAL CONDOM SAFE?

- Internal condoms are a safe and effective birth control method.
- There are no medical risks.