



## INTERNAL CONDOM

### What is the internal condom?

The internal condom, ®, is a soft, thin, loose-fitting polyurethane sheath with two flexible rings at each end that is inserted vaginally or anally. The inner ring at the closed end of the condom is used to insert the condom and to keep it in place. The outer ring at the open-end of the condom stays outside the vagina or anus and partially covers and protects the lips of the vagina or edges of anus. The internal condom is 79 to 95 per cent effective if used the right way.

### How does the internal condom work?

The internal condom prevents semen (sperm) from entering the vagina or anal canal and it prevents the exchange of bodily fluids between both partners. The internal condom protects against unintended pregnancy, sexually transmitted and blood borne infections (STBBI) including HIV.

### Who can use the internal condom?

People who engage in vaginal and/or anal sex.

### How do I use the internal condom?

1. Check the expiry date.
2. Check the package (It should be sealed and not ripped)
3. Find a comfortable position. Stand with one foot up on a chair, sit with knees apart, or lie down.
4. Be sure the inner ring is at the bottom, closed-end of the pouch.
5. If you wish, add a drop of extra lubricant to the outer part of the vagina, anus and in the anal canal for extra comfort when you insert the condom.
6. Hold the condom with the open end hanging down. While holding the outside of the pouch, squeeze the inner ring with your thumb and middle finger.
7. Place your index finger between the thumb and middle finger and keep squeezing the inner ring. With the other hand, spread the labia (lips) of your vagina or anal edges and insert it into the vagina or rectum.
8. Slowly push the inner ring and the condom all the way up into the vagina / rectum with your index finger. You can go as deep as you are comfortable. Check to be sure the inner ring is up just past the pubic bone for the vaginal site -the outer ring stays outside the body.
9. Before intercourse, make sure the condom is not twisted and that the outside ring lies against the vulva or anus.
10. You may want to add some lubricant to your partner's penis or toy to avoid having the condom slip off.

11. During intercourse, side-to-side movement of the ring is normal, but if you feel the ring slip into the vagina or anal canal or the penis starts to enter underneath the condom, stop.
12. After intercourse, remove the condom before you stand up. Squeeze and twist the outer ring to keep the sperm inside the condom. Pull out gently. Throw away in a trash can.
13. Use a new condom every time you have sex.

## **What are the advantages, possible side effects/problems of the internal condom?**

### **Advantages:**

- An individual can insert it and has full control over its effectiveness in preventing unintended pregnancy and STBBIs, including HIV
- It adjusts well to the vagina or the anal canal
- Non-latex
- Compatible with oil-based products

### **Possible side effects/problems:**

- Allergy to polyurethane and irritation
- Slippage
- Insertion difficulties
- The inner ring may cause discomfort during sex

### **Remember:**

An internal condom with an external condom should not be used together; use one or the other. If you use them together, you increase your change of tearing or breaking.

Call the **Sexual Health Infoline Ontario** at 1-800-668-2437 if you have questions or need help.

**For more information on the female condom, please visit:**

[www.sexandu.ca](http://www.sexandu.ca)

### **Sexual Health Centre**

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[OttawaPublicHealth.ca](http://OttawaPublicHealth.ca)