

planned parenthood toronto's [teenhealthsource.com](http://teenhealthsource.com) presents:

# how to use internal condoms



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# internal condoms: fast facts

Internal condoms are often called female condoms. However, we know that people with vaginas\* don't always identify as female and internal condoms are used by people of all genders for vaginal and anal sex.

## How effective is the internal condom?

- Internal condoms are 95% effective at preventing pregnancy. This means that if 100 people use condoms correctly for one year, only 5 people will get pregnant.
- Because condoms may be used incorrectly, they are closer to 80% effective at preventing pregnancy with typical use.
- Condoms offer excellent protection against most STIs, but are less effective in preventing STIs that are spread from genital skin- to-skin contact, like herpes or HPV, because condoms may not cover all of the affected areas.

## Advantages of the internal condom

- Condoms are the only birth control method that also reduce your risk of getting STIs.
- You only have to use this method when you have sex.
- Because it goes inside, a person's penis doesn't have to be fully erect.
- During vaginal sex, the outer ring can stimulate the clitoris.
- It's non-latex and can be used by people with a latex allergy.
- People who can't or do not want to take hormonal birth control can use this method.
- They don't affect your ability to get pregnant in the future.
- You don't need a prescription to buy them.

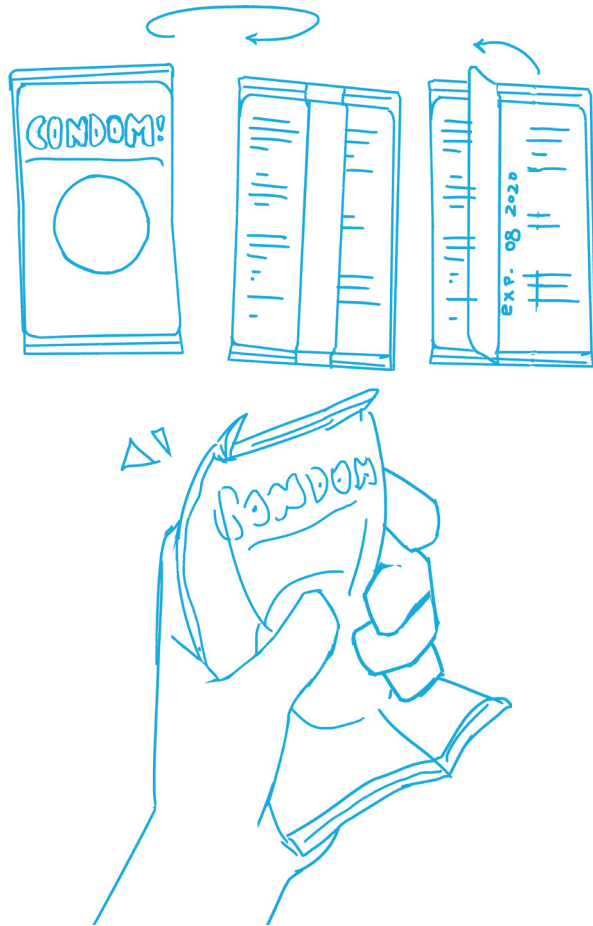
## Disadvantages of the internal condom

- The person who wears the condom has to agree to use one. If they don't want to put in the condom, you can offer to do it for them.
- The internal condom can be expensive.

For more information on internal condoms, please visit:

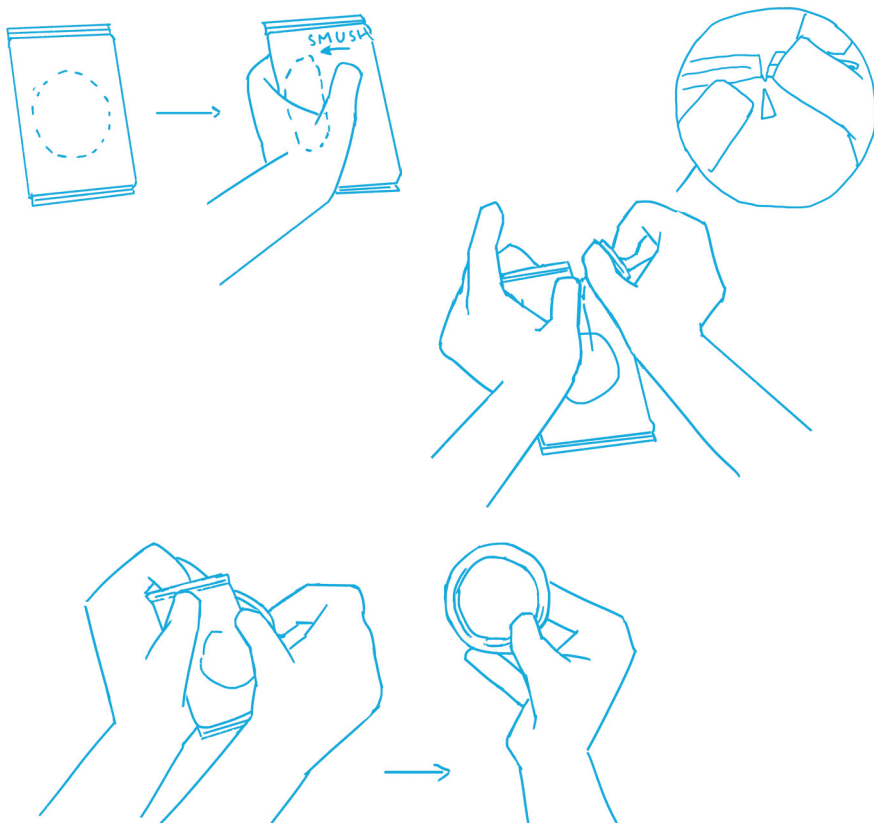
- [teenhealthsource.com/birthcontrol/internal-condoms](https://teenhealthsource.com/birthcontrol/internal-condoms)

*\*We know that these aren't the words everyone uses for their bodies (eg. trans folks), and support you using the language that feels best for you.*



## 1. check the expiry date and feel for air

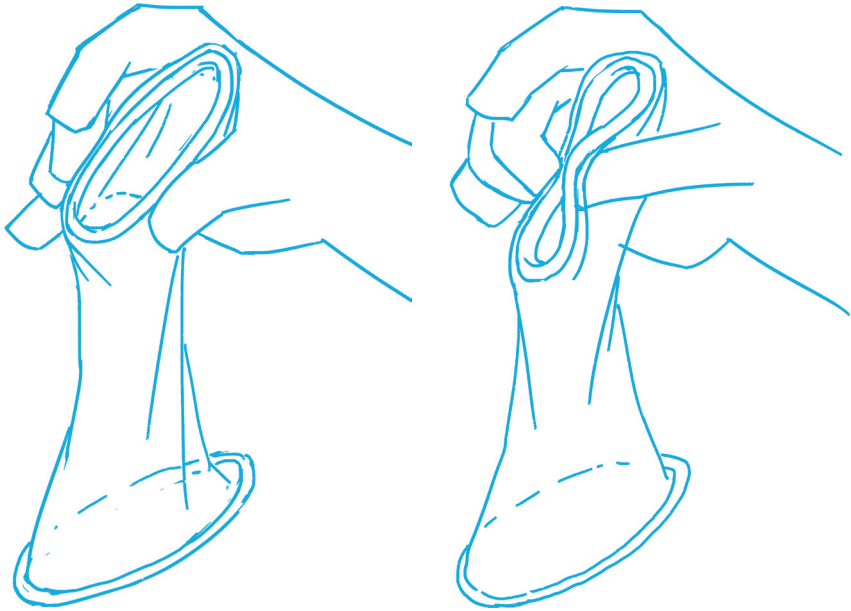
If a condom is expired, it's less likely to be effective. Press on the condom package to make sure there's still air inside. Air inside means the condom packaging hasn't been damaged.



## 2. open the condom package

Squeeze the condom to one side of the package, and pull down from the tab at the top on the opposite side with your fingers. Practice doing this so that you don't tear the condom.

Note: Opening the condom package with your nails, teeth, or other sharp objects (eg, scissors) can break it.



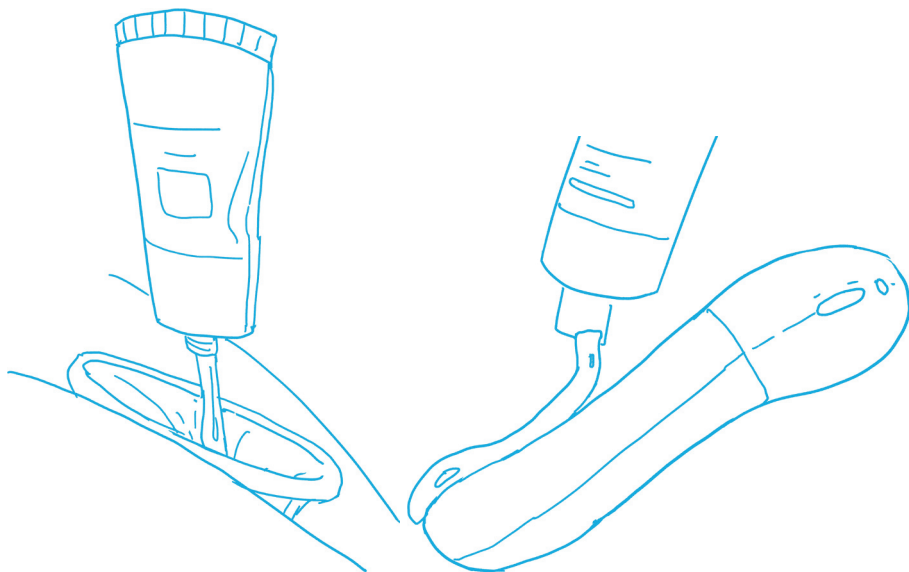
### 3. how to hold

Hold the condom at the closed end, with the open end hanging down. Grasp the flexible inner ring and squeeze with the thumb and middle finger so it becomes long and narrow. Consider adding lube to the outside of the condom to help make insertion smoother.



#### **4. choose a position and insert**

Squat, raise one leg, sit or lie down. Gently insert the inner ring into the vagina or anus. Push the condom in as far as it will go – close to the pubic bone. Make sure it's not twisted. The outer ring should remain about an inch outside the vagina or anus.



## **5. adding lube (optional)**

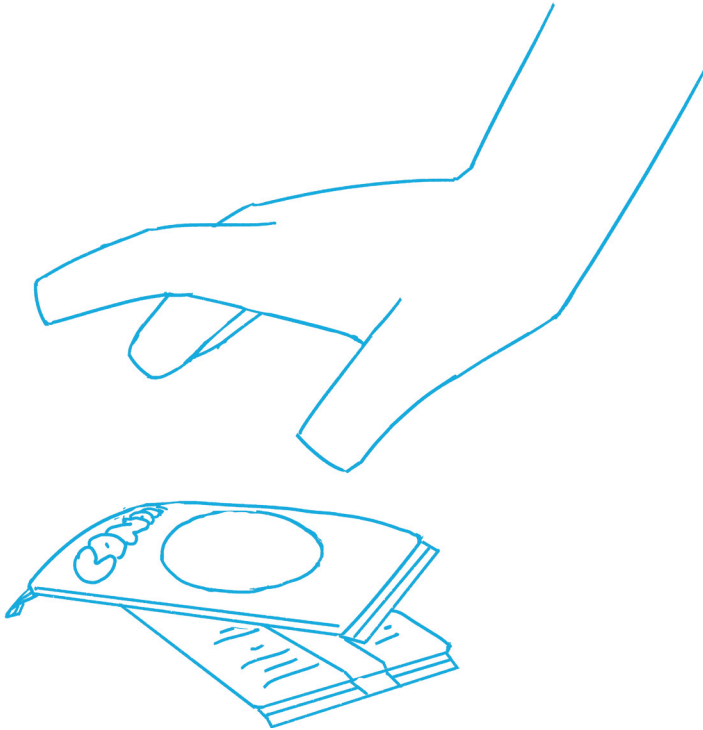
Lube can help increase pleasure and prevent condoms breaking. You can add lube to the inside of the condom or to the outside of a penis or sex toy. Feel free to reapply as desired.





## 6. guiding things in

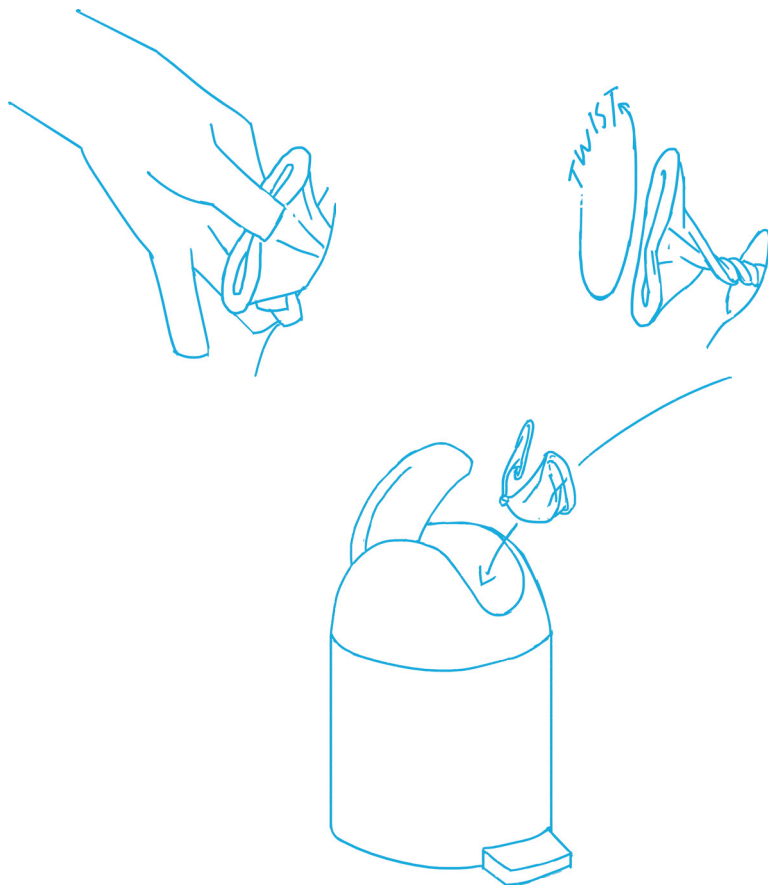
Gently guide your partner's penis or sex toy into the vagina or anus. It's easy for the penis or toy to slip between the condom and the walls of the vagina/anus, so be mindful that the penis or toy are going into the condom. Once a penis or toy is inserted, if there is discomfort, withdraw the penis or toy and reposition the inner ring.



## 7. using it while doing it

If a penis or toy slips between the condom and the walls of the vagina/anus or if the outer ring is pushed inside the vagina/anus, it's a good idea to stop what you're doing and readjust.

In the case of a penis, as long as they have not ejaculated you can remove the condom, add lubricant (or spermicide), and insert it once again (see Step 4). In this scenario, there should be no increase in a risk of pregnancy. However, there could be an increase in the risk of STIs.



## **8. remove the condom and throw it out**

To remove the condom, twist the outer ring and gently pull it out. Throw it into the garbage. Don't flush condoms down the toilet. They will clog pipes.

Use a new internal condom for every sex act. Do not reuse condoms. Do not use the same internal condom for vaginal and anal sex.

Planned Parenthood Toronto is a fully accredited community health centre that provides primary, sexual and mental health care services to youth between the ages of 13 and 29. PPT also offers health promotion programming, education, training, and research to improve the health and well-being of Toronto's diverse communities. All PPT services are offered within a pro-choice, inclusive, youth-friendly, non-judgmental environment.

We offer drop-in and scheduled appointments.  
Call 416-961- 0113 or visit [www.ppt.on.ca](http://www.ppt.on.ca) for more information.

Teen Health Source offers anonymous and confidential sexual health information for teens by teens. You can:

- Text (647) 933-5399
- Call (416) 961-3200
- Email [teenhealthsource@ppt.on.ca](mailto:teenhealthsource@ppt.on.ca)
- Chat online and visit [www.teenhealthsource.com](http://www.teenhealthsource.com)

Volunteers are available Mon - Thur from 4p - 9p, and Sat from 12p - 5p.

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Drawings by Victor Martins