

WOMAN'S CONDOM INFORMATION PACK

USE THIS PACK TO CREATE AWARENESS AND EDUCATE WOMEN, MEN, AND YOUNG PEOPLE ABOUT THE WOMAN'S CONDOM IN YOUR COMMUNITY.



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ABOUT US

Dahua Medical Apparatus Company (Dahua) of Shanghai, China, is the manufacturer of the Woman's Condom. We have more than 25 years of experience in the medical device business. We are committed to improving reproductive health and expanding protection options for women and men globally.

Our address:

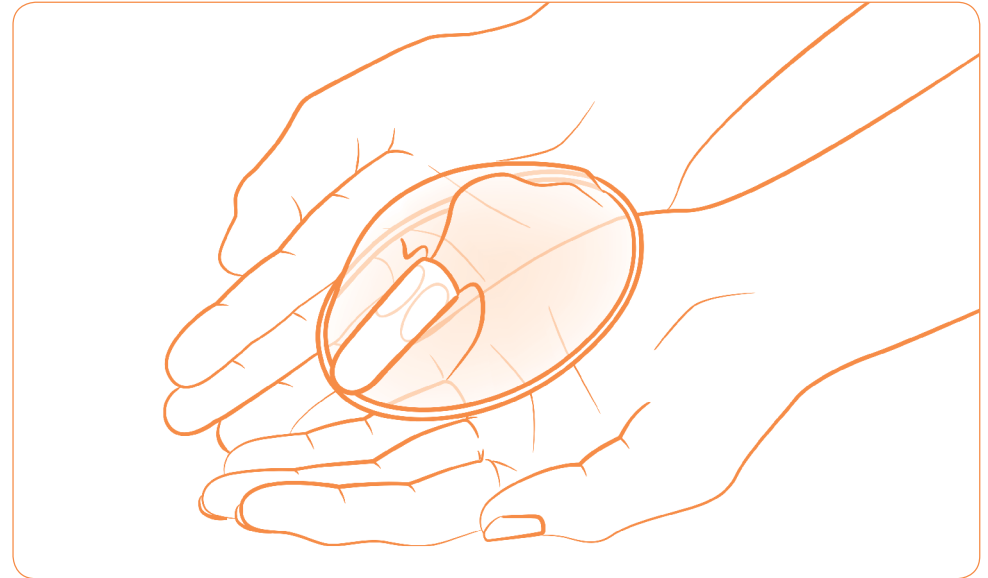
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PURPOSE OF THIS INFORMATION PACK



The Woman's Condom is a **new female condom** designed to **protect women and men** from unintended pregnancies and sexually transmitted infections, including HIV. It is **easy to use, comfortable** for both partners, and can **enhance pleasure** during sex.

This information pack was designed to be used by many audiences that interact with potential user groups including health care providers, distributors, nongovernmental organizations, community-based organizations, and universities. It can also be used as an advocacy tool with governments and key stakeholders to urge that the Woman's Condom be made available and accessible for women, men, and young people in your community.

We are grateful for your interest in creating awareness and educating potential users about the Woman's Condom. We created this information pack to assist with your promotional efforts. It includes information and resources that you can use to discuss, describe, and demonstrate the product among your target audiences. We recommend becoming familiar with all the sections in this guide, but it is fine to use only the sections that are relevant to your target audiences.

To address local contexts and needs, we encourage you to copy, reproduce, or adapt any or all parts of this information pack. We ask that you email samples of your local adaptations to us at shdahua1@msn.cn. We are happy to provide feedback on your materials and answer any questions you have.

It is important to mention that the name "Woman's Condom" is a generic name used to describe this new type of female condom. The Woman's Condom may have a different name when it is

available in your country. For example, the Woman's Condom is called "V" in South Africa, and in China it is called "O'lavie™." If the Woman's Condom has a different name when it is introduced in your country, adapt this guide and add the name that is used in your country.

Remember, your role as a promoter of the Woman's Condom can have quite a powerful impact on whether women and men will use it. If you have a positive attitude about the Woman's Condom, can confidently explain its features and

use, and are comfortable answering questions about this product, your audience may feel more comfortable about and interested in trying the Woman's Condom.

We hope that you find this information pack useful when promoting the Woman's Condom. We encourage you to send any feedback or questions about this information pack to shdahua1@msn.cn

SECTION 1: WHAT IS THE WOMAN'S CONDOM?

The Woman's Condom is a new female condom. It is designed to protect women and men from unintended pregnancies and sexually transmitted infections (STIs), including HIV. The Woman's Condom was developed with input from women and couples on four continents. Couples evaluated many rounds of prototypes and offered suggestions to improve the design. This user-centered development process resulted in the Woman's Condom, a female condom that is easy to use, comfortable for both partners, and feels good during sex.

CLINICAL RESEARCH

Clinical research over the last ten years in several countries has confirmed that the Woman's Condom is safe, acceptable, and easy to use with no side effects. Studies also have confirmed that it performs well when compared with other female condom products. In comparative studies some women have reported preferring the Woman's Condom over other female condom designs because it is easy to use.

REGULATORY APPROVALS

The Dahua Medical Apparatus Company of Shanghai, China, is the company licensed to manufacture and distribute the Woman's Condom. Dahua has branded it as O'lavie™ for distribution and marketing in China. The Woman's Condom has received several regulatory approvals, and others are in process. These approvals establish a record of safety and quality of the Woman's Condom, and they help bring the product to new countries. See Table 1 for more details.



Table 1: Woman's Condom regulatory approvals

APPROVAL	WHAT IT MEANS	YEAR ACHIEVED
CE Mark	The Woman's Condom is approved for sale in the European Union.	2010
Shanghai Food and Drug Administration approval	The Woman's Condom is approved for sale in China.	2011
The South African Bureau of Standards (SABS) certification mark	The Woman's Condom has the SABS mark of quality for the South African market.	2013
Prequalification by the World Health Organization (WHO)	Although WHO prequalification is not a regulatory approval, this is an internationally recognized mark of product quality and effectiveness. Once WHO prequalification is achieved, the Woman's Condom is eligible to participate in international procurement bids for agencies such as the United Nations. Some countries also require WHO prequalification.	Under review. Not yet achieved.

SECTION 1:

WHAT IS THE WOMAN'S CONDOM?

PRODUCT FEATURES

The Woman's Condom is inserted into the vagina where it protects the vagina and the cervix. The external portion of the Woman's Condom protects the woman's genital area outside the vagina. The condom forms a physical barrier that blocks sperm and infection and helps prevent pregnancy and STIs, including HIV. The Woman's Condom may provide more protection than a male condom since it covers part of the woman's external genitals and prevents contact with the base of the penis.

The Woman's Condom has some special features that distinguish it from other female condoms currently being distributed around the world. These features include:

Pouch

The pouch is made of thin polyurethane film, a soft and strong material. It offers good sensation and comfort for both men and women.

Dissolving capsule

The condom pouch is folded inside a thin, soft capsule. The capsule makes the condom easier to handle during insertion. Once the capsule is inserted in the vagina, it dissolves quickly, usually in about 30 to 60 seconds. The pouch gently unfolds in the vagina after the capsule has dissolved.

Foam shapes

Four foam shapes are attached to the outside of the pouch where the condom comes into contact with the vagina. After the capsule dissolves, the foam shapes

cling lightly inside the vagina, helping keep the pouch stable during use. These shapes are heat-welded onto the condom pouch and will not fall off during sex.

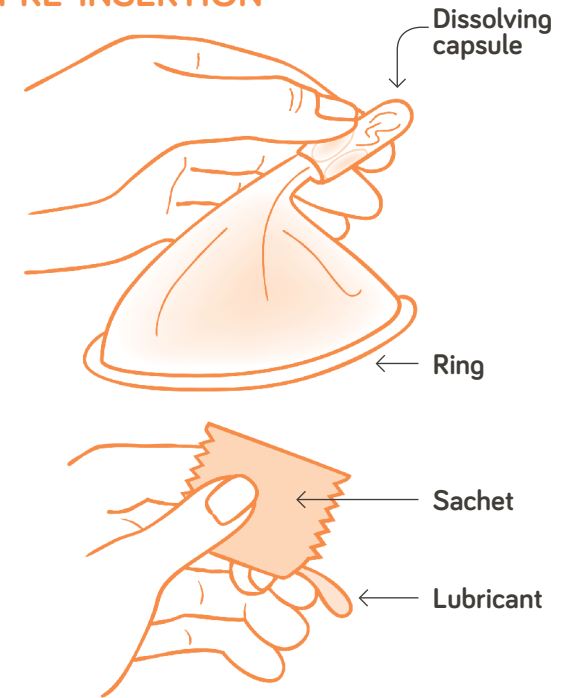
Ring

A soft, flexible ring stays outside the vagina and lies against the woman's body after the condom is inserted into the vagina. The ring gently hugs the body and provides comfortable coverage of the external genitals.

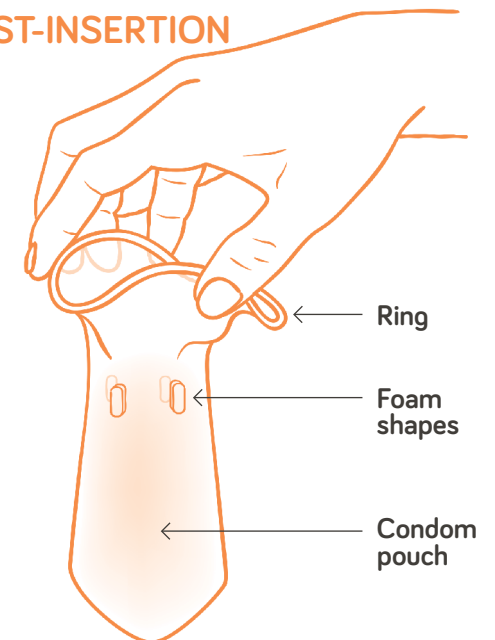
Lubricant

The Woman's Condom is packaged dry and comes with a small sachet of water-based lubricant. After the condom is inserted into the vagina, the woman or her partner applies some lubricant to the inside of the condom pouch or onto the penis to help the penis slip inside and move easily. Women and men who used the water-based lubricant supplied with the Woman's Condom during clinical trials reported no safety issues or side effects related to the lubricant.

PRE-INSERTION



POST-INSERTION



SECTION 2:

THE NEED FOR THE WOMAN'S CONDOM



Why do we need condoms?

Women and couples have different wants and needs when it comes to family planning and protection from sexually transmitted infections (STIs). Barrier contraceptive methods such as condoms may be a good option for women and their partners and could meet the needs of those who are seeking the following:

- Contraceptive protection without hormones or side effects.
- Protection from STIs, since other contraceptives such as hormonal methods, intrauterine devices, and sterilization do not provide STI protection.
- Protection from both pregnancy and STIs, also known as “dual protection.”
- A method that can be used only when needed.
- A method that can be used without seeing a health care provider.

Male and female condoms act as a physical barrier to prevent the entry of sperm into the cervix; this is why they are called “barrier methods.” They also protect against STIs by blocking the transmission of agents that cause infections between couples. Male and female condoms are the only currently available methods that provide dual protection. It is critical to promote dual protection methods to men, women, and young people who are at high risk of both unintended pregnancies and STIs, including HIV.

Why are female condoms important?

Women and men need information and access to a range of options to find the method and product that will work best for them. Female condoms are not better or more valuable than male condoms. Rather, female condoms provide an additional option for dual protection that can help couples protect themselves, especially when a male condom will not be used.

There may be different types of female condom products available in your country (See Annex A for a comparison chart of different types of female condoms). All female condom products are intended

to protect from pregnancy and STIs/HIV. The female condom products that have been evaluated in clinical studies have performed well with good safety and acceptability and few clinical failures (i.e., failure that would put women and men at risk of pregnancy or infection). Women and men may want to try different types of female condoms to see which one they like best. The most important point is for couples to know that female condoms exist and that women and men have access to some type of female condom if they need protection.

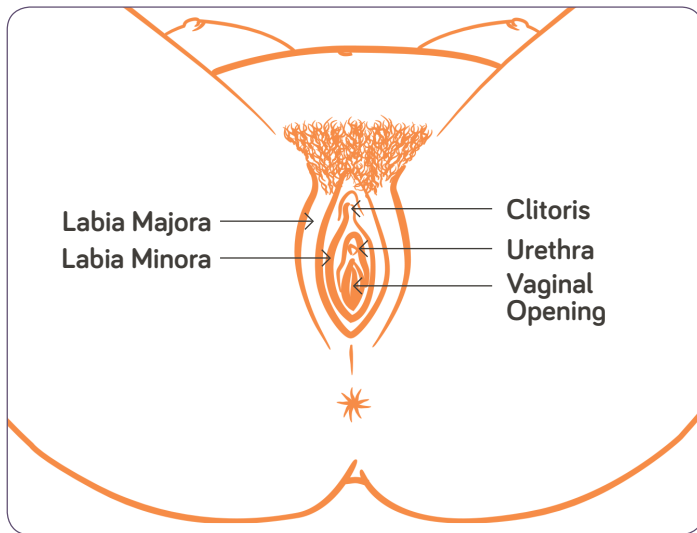
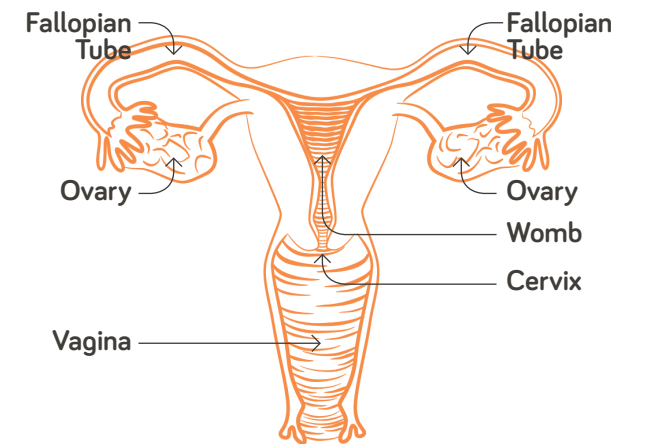
What role does the Woman's Condom play?

The Woman's Condom offers women and men a new option for female-initiated dual protection. It was developed through a user-centered process to be easy to use and comfortable for both partners. It has special features that distinguish it from other female condoms. In studies, the Woman's Condom has been shown to be safe, effective, and acceptable. In studies where it has been compared to other female condom products, some women have preferred the Woman's Condom because of its innovative design that makes it easy to handle and use.

Experience from family planning programs has shown that offering a range of methods helps couples find the product that best meets their needs. Our hope is that when the Woman's Condom comes to your country or program, more women and men will consider female condoms and will find the Woman's Condom is well designed, easy to use, and fun. We hope that adding the Woman's Condom to your program will help expand options for safer sex.

SECTION 3: A BRIEF OVERVIEW OF THE FEMALE REPRODUCTIVE ANATOMY¹

Many women are not familiar with their internal or external reproductive parts, also known as “genitals.” A woman may feel more comfortable and confident using a Woman’s Condom if she has a basic understanding of her genitals, how this product fits in her body, and how it will protect both her and her partner.



EXTERNAL REPRODUCTIVE PARTS

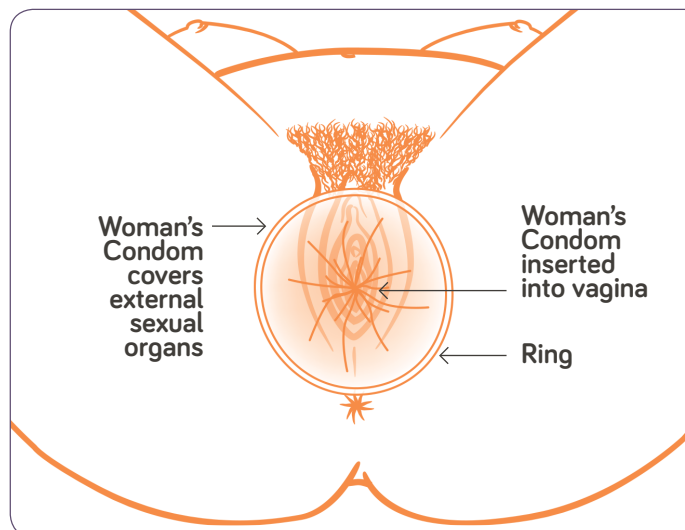
The vulva is the name for a woman’s entire external genital area. The ring at the open end of the Woman’s Condom partially covers the vulva as well as the base of the penis, providing additional protection against sexually transmitted infections (STIs).

The labia majora (outer lips) and the **labia minora** (inner lips) are the inner and outer lips of the vulva. Use your fingers to gently part these to insert the Woman’s Condom.

The clitoris is a peak where the labia minora meet. It is an extremely sensitive sexual part of a woman’s body and can be the primary source of pleasure during sex. A woman may find it arousing when the ring at the open end of the Woman’s Condom rubs against her clitoris during sex.

The vaginal opening is where a woman inserts the Woman’s Condom inside her body.

The urinary opening or urethra is a tube that leads to the bladder. You pass out urine through the urethra. It is possible to urinate after you have inserted a Woman’s Condom.



INTERNAL REPRODUCTIVE PARTS

The vagina or birth canal is the part that begins as an opening in the vulva and leads inside to the womb. The vagina is made of a special kind of skin that stretches easily during sex and when giving birth. When inserting the Woman’s Condom, a woman or her partner pushes the dissolving capsule as far up in the vagina as it will go. The capsule will dissolve in about 30 to 60 seconds, and the pouch will unfold gently. Four foam shapes attached to the outside of the condom pouch cling lightly inside the vagina, helping keep the pouch stable during use. The Woman’s Condom lines the walls of the vagina during use and protects from pregnancy and STIs.

The cervix is the opening or “mouth” of the womb; it only opens up when a baby is about to be born. Sperm can enter the womb through the small hole in the cervix, but it protects the womb from other things, like a man’s penis. The Woman’s Condom covers the cervix. The opening to the cervix is too small for the Woman’s Condom to pass through it, so the condom cannot get lost inside a woman’s body.

The ovaries release one egg into a woman’s fallopian tubes each month. When a man’s sperm joins the egg, it can develop into a baby. The Woman’s Condom prevents pregnancy by acting as a physical barrier to block the entry of sperm into the cervix.

¹This section has been adapted from “Where women have no doctor: a health guide for women,” by A. August Burns et al., 1997.

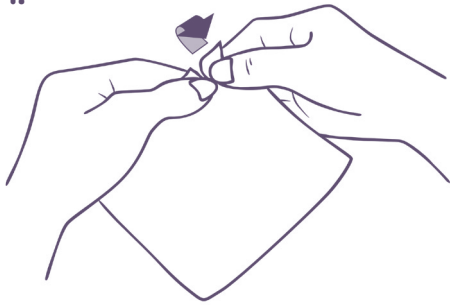
SECTION 4: HOW TO USE THE WOMAN'S CONDOM

In order for the Woman's Condom to be effective in preventing pregnancies and sexually transmitted infections, including HIV, it is important that it is used correctly and consistently with every act of sexual intercourse.

Below are the steps that illustrate how to insert and use the Woman's Condom. A succinct "checklist" of these messages can be found in Annex B.

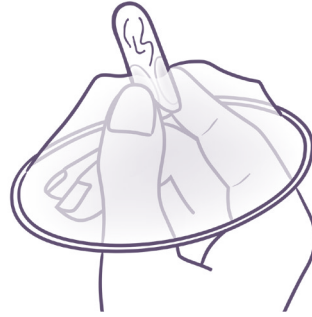
Preparation

1.



- Check the expiry date on the condom package before you use it.
- Carefully tear the package at the notch to open.
- Gently take the condom out of the package. Do not remove the dissolving capsule from the condom as it is used to insert the condom.

2.



- Reach through the condom to hold the dissolving capsule.



- Choose a position that is most comfortable for you to insert the condom.

Insertion

3.



- Insert the dissolving capsule into your vagina.

4.



- Use a finger to push the dissolving cap as far up in the vagina as it will go. The ring should be snug against your body.
- Wait 30 to 60 seconds for the capsule to dissolve.

Continued...

Tips for using the Woman's Condom:

- Inserting the condom 5 to 15 minutes before sex makes the condom more stable during use.
- If you need to, you can apply a few drops of lubricant to the tip of the capsule to help it slide into the vagina.

- The capsule dissolves in about 30 to 60 seconds after you insert it into your vagina.
- If the condom seems dry or sticky during use, add more lubricant to the penis or to the inside of the condom.

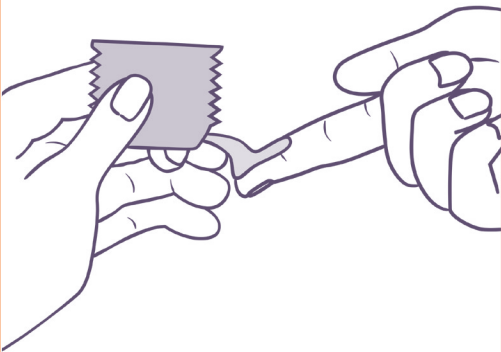
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Lubrication

5.



- Tear open the lubricant.
- Squeeze a small amount onto your finger.

6.



- Lubricate the inside of the condom with your finger. You can also apply additional lubricant to the penis.

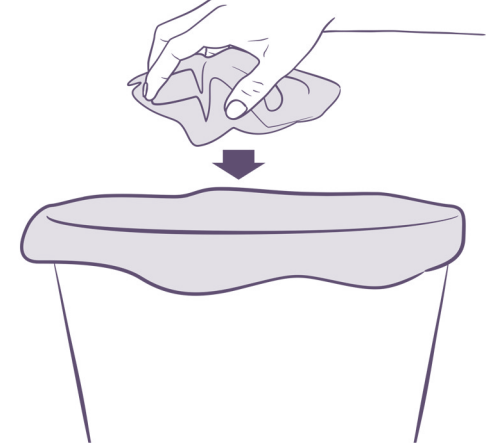
Removal

7.



- In order to prevent semen leakage after use, remove the condom by twisting the ring and pulling the condom out gently.
- Remove the condom after sex.

8.



- Wrap the condom in tissue or the package and throw it in the garbage. Do not put it in the toilet.
- Do not reuse the condom.

Remember:

- Do not use the Woman's Condom with a male condom.
- Do not reuse the Woman's Condom. It is designed for single use only.
- The condom is dry. Lubricant should be applied inside the condom pouch or on the penis before use.

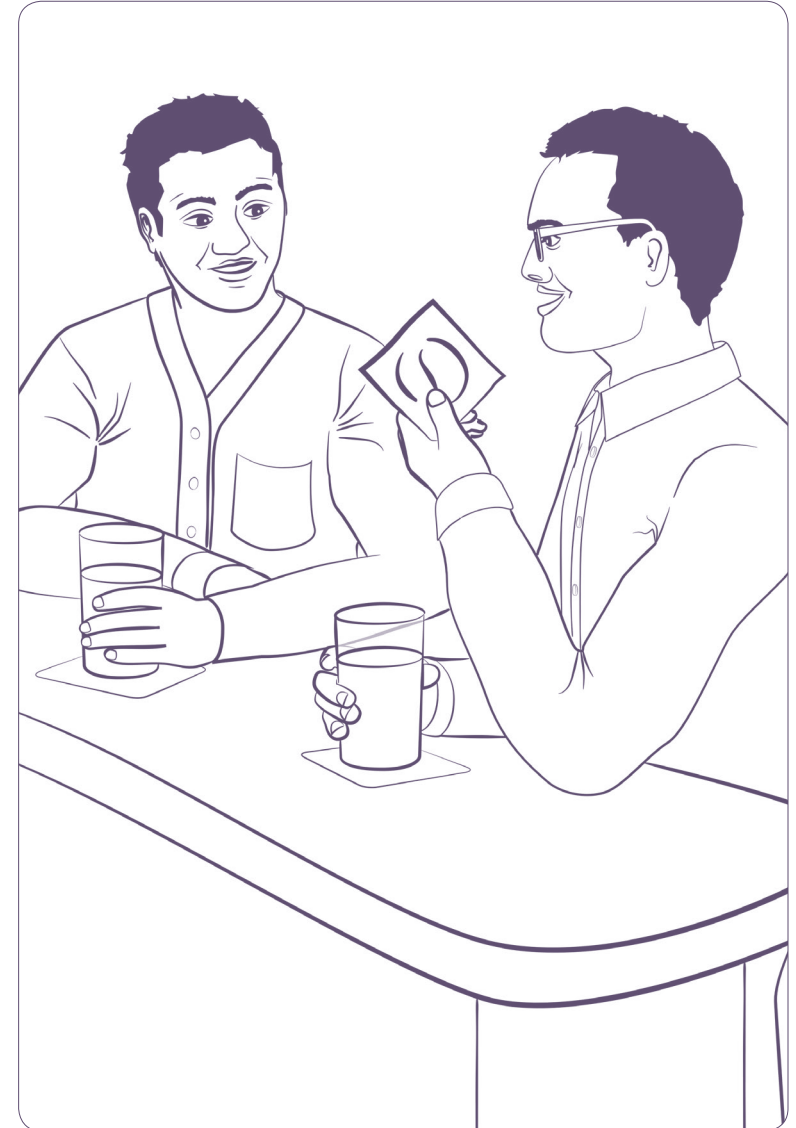
- It is recommended that the Woman's Condom be used with the lubricant provided.
- Dispose of the used condom in the garbage. Do not throw it in the toilet.

SECTION 5:

ADVANTAGES OF THE WOMAN'S CONDOM

1. The Woman's Condom can enhance pleasure during sex. Its soft and thin material warms up to your body temperature and may feel more natural than male condoms.
2. The Woman's Condom does not constrict the penis like male condoms, so men feel more sensation during sex.
3. The Woman's Condom has a thin, flexible ring that covers a woman's external genitals during use. Women may like the stimulation of the ring touching their clitoris during sex.
4. Unlike other female condoms, the Woman's Condom comes folded in a capsule that makes it easy to handle and insert. Some couples may find it sexy to insert it together as part of foreplay.
5. The Woman's Condom is packaged dry (not pre-lubricated). This makes it less slippery than other pre-lubricated female condoms and easy to handle.
6. The Woman's Condom comes with a packet of silky, long-lasting lubricant that is applied after the condom is inserted. Couples can choose the amount of lubricant that is right for them and can have fun putting it inside the condom or directly onto the penis.
7. Men and women who are allergic to latex can use the Woman's Condom because it is made of polyurethane, not latex.

The Woman's Condom has special features and advantages that might appeal to different women and men. Here are some advantages you can emphasize with your target audiences based on what might motivate them to try the product.



SECTION 6:

PRACTICE DEMONSTRATING THE WOMAN'S CONDOM



The approach you take to promote, counsel on, or distribute the Woman's Condom can have a direct impact on whether your target audience will try it. If you have a positive attitude about the Woman's Condom, can confidently explain its features and use, and are comfortable answering questions about this product, your audience may feel more comfortable about and interested in trying the Woman's Condom.

An important element for helping others to use the Woman's Condom is to try it yourself. Like any other product, would you feel confident recommending it to others without using it yourself first? It may also help make your target audience feel more receptive if you are comfortable talking about your own experience using the Woman's Condom.

Demonstration tools you can use

Demonstration script

Annex C includes a script on how to demonstrate the use of a Woman's Condom. These are the points we use to introduce the product. When you are talking to your audience about the Woman's Condom, you can adapt the script to your own personal or community context. The script outlines key features about the Woman's Condom as well as detailed steps to ensure that women and men learn how to use it correctly. You will easily learn the key points of this script, but initially it may serve as a useful starting point when you begin promoting, distributing, and counseling women and men about the Woman's Condom.

Frequently asked questions

Your audience may have questions and concerns about using the Woman's Condom because it is new. It is critical that you are familiar with information about the Woman's Condom so you can answer questions confidently and try to address any concerns. If you do not know the answer to a question, do not make something up. Tell the person this is a good question and you will need to check with someone (your colleague, a health care provider, the product sponsor) and get back to them with a response when you have one. Section 7 lists frequently asked questions that people have raised about the Woman's Condom and other female condom products. It is important that you familiarize yourself with these if you will be involved in talking about or promoting Woman's Condoms at your clinic or in your program.

SECTION 7:

ALL ABOUT THE WOMAN'S CONDOM

Q. WHAT IS THE WOMAN'S CONDOM?

The Woman's Condom is a new kind of female condom that is made from a soft, smooth material that is worn inside the vagina.

The closed end of the condom is wrapped inside a capsule. The capsule dissolves quickly after insertion into the vagina, allowing the pouch to open up inside the woman. The ring at the open end of the condom remains outside the vagina.

The Woman's Condom lines the vagina and covers the cervix. The condom forms a physical barrier between the cervix and sperm, helping prevent pregnancy and sexually transmitted infections (STIs). The Woman's Condom also provides added protection against STIs by covering part of the woman's external sex organs and the base of the penis. It is a great safer-sex option for men and women who want to prevent unintended pregnancies and protect themselves against STIs, including HIV.

REMEMBER: No method is 100% effective. To be effective, you must use the Woman's Condom consistently and correctly every time you have sex.

Q. WHAT ARE THE ADVANTAGES OF THE WOMAN'S CONDOM?

- The Woman's Condom can enhance pleasure during sex. Its soft, thin material warms up to your body temperature.
- Men may feel more sensation because the Woman's Condom does not constrict the penis like male condoms. Women may enjoy stimulation from the ring touching their clitoris.
- Unlike other female condoms, the Woman's Condom comes folded in a capsule that makes it easy to handle and insert. Get creative with insertion—let the woman take charge, or insert it together as part of foreplay.
- The Woman's Condom comes with a packet of silky, long-lasting lubricant to be applied after the condom is inserted. Choose the amount that is right for you, and have fun putting it on.

Q. IS THE WOMAN'S CONDOM SAFE?

Yes. Over the past ten years, the Woman's Condom has been evaluated in five studies across five countries. Results from these studies confirm the Woman's Condom is safe to use. In these studies, women had few reports of safety concerns or irritation when using the Woman's Condom. Furthermore, the Woman's Condom is being evaluated in three ongoing studies that will provide additional data about safety.

Q. DOES THE WOMAN'S CONDOM HAVE ANY SIDE EFFECTS?

No. There are no side effects associated with using the Woman's Condom.

Q. IS THE WOMAN'S CONDOM EASY TO USE?

Yes. The Woman's Condom was designed to be easy to use. But just like anything new, it may take a little practice. Try inserting the Woman's Condom a few times before using it with your partner. Find a comfortable position to insert it. This may be sitting, squatting, or lying down. Either partner can insert the Woman's Condom. Have fun putting it in!

Q. WHAT IS THE CONDOM POUCH MADE OF?

The Woman's Condom pouch is made of thin polyurethane film (0.03 mm), a soft and strong material. The Woman's Condom can be used safely by individuals with latex allergies.

Q. WHAT IS THE PURPOSE OF THE CAPSULE? WHAT IS IT MADE FROM?

The capsule should make it easier for you to handle and insert the condom. It is made from a non-irritating film that has been used in medical products for many years. The film dissolves in the same way as capsules you take by mouth, which also dissolve when you swallow them. Women have not reported any side effects or safety issues related to the use of the capsule in clinical trials.

REMEMBER: When you open the Woman's Condom package, do not pull the dissolving capsule off the condom because you use the capsule to insert the condom.

SECTION 7:

ALL ABOUT THE WOMAN'S CONDOM

Q. WHAT HAPPENS TO THE CAPSULE AFTER I INSERT THE WOMAN'S CONDOM INTO MY BODY?

The capsule mixes with the moisture in your vagina and dissolves quickly, usually in about 30 to 60 seconds. After sex, your natural vaginal secretions help wash the small amount of moisture from the capsule out of your body. It does not build up upside you no matter how many times you use the Woman's Condom.

Q. HOW LONG BEFORE SEX SHOULD I INSERT THE WOMAN'S CONDOM?

In clinical studies, most women report that they insert the Woman's Condom shortly before sex (i.e., 5 to 15 minutes before sex). Wait 30 to 60 seconds for the capsule to dissolve before you have sex.

Q. HOW DO I KNOW IF THE WOMAN'S CONDOM IS INSERTED CORRECTLY?

Push the dissolving capsule as far inside your vagina as you can. The ring should remain on the outside of the vagina. Inserting the condom 5 to 15 minutes before sex makes the condom more stable during use.

Then ask yourself, is it comfortable? Is the ring flat around the opening of my vagina? If the answer is "yes" to the above, then the Woman's Condom is in place.

Q. WHAT IS THE PURPOSE OF THE FOAM SHAPES, AND WHAT ARE THEY MADE OF? HOW DO I KNOW THAT THEY WILL NOT FALL OFF DURING SEX?

The foam shapes help keep the condom stable in the vagina during sex. They are made of polyurethane foam, the same material used in wound dressings. After the capsule dissolves and releases the pouch inside the vagina, the foam shapes gently press into the vaginal wall and help hold the pouch stable in the vagina during sex. The foam shapes are secured onto the condom through heat-welding; no adhesives are used. Women have not reported any problems with the foam shapes slipping off during clinical studies.

Q. WHY IS THE WOMAN'S CONDOM PACKAGED WITH LUBRICANT?

Each condom comes with its own small packet of water-based lubricant. Woman's Condoms are packaged dry because the insertion capsule and foam shapes need to stay dry until the condom is used. Adding lubricant to the inside of the Woman's Condom or directly onto the penis helps ensure that the penis can slide easily in and out of the condom. If no lubricant is used, the penis may pull the condom out of the vagina. You may also want to add lubricant onto the capsule to help insert the condom.

Q. CAN I USE ANY TYPE OF LUBRICANT WITH THE WOMAN'S CONDOM?

The Woman's Condom was tested with the water-based lubricant that comes packaged with the condom, so using this lubricant is recommended.

While other types of lubricant can be used, they may not give the same acceptability as the lubricant that is provided.

Q. HOW MUCH LUBRICANT DO I NEED TO USE?

You can experiment with how much or little lubricant you and your partner need. Some women add a bit of lubricant to the capsule to help slide it into the vagina. After the condom capsule is inserted into the vagina, a few drops of lubricant should be added onto the inside of the condom or directly onto the penis, or both. Lubricant can enhance pleasure and make sex more intimate and fun.

Q. CAN THE WOMAN'S CONDOM ENHANCE PLEASURE DURING SEX?

Yes. Some women may like the sensation of the ring rubbing against their clitoris. Either partner can insert the Woman's Condom, which can be sexy. The material is also very soft and thin and warms to the body temperature, so sex with the Woman's Condom can feel more natural than sex with a male condom. Men may like that the Woman's Condom is not tight or constricting on the penis.

Q. CAN THE WOMAN'S CONDOM DISAPPEAR INSIDE MY BODY?

No. The Woman's Condom cannot disappear inside your body. The Woman's Condom covers the cervix; the opening to this is so small that it is impossible for the condom to pass through this space. The cervix only opens up during childbirth.

Q. DOES THE RING HAVE TO BE HELD DURING SEX?

No. Once the penis is inside the condom, you don't need to hold the ring.

SECTION 7:

ALL ABOUT THE WOMAN'S CONDOM

Q. CAN THE WOMAN'S CONDOM BE USED IN DIFFERENT SEXUAL POSITIONS?

Yes. You may want to first use it in the sexual position that you are most comfortable with before trying other positions.

Q. CAN THE WOMAN'S CONDOM BE USED DURING PREGNANCY?

Yes. The Woman's Condom can be used during pregnancy. Since the condom does not move beyond the cervix it cannot harm you or your unborn child. The Woman's Condom can also be used shortly after giving birth when other contraceptives are not suitable.

Q. CAN THE WOMAN'S CONDOM BE USED AFTER A HYSTERECTOMY?

Yes. The Woman's Condom can be used after a hysterectomy.

Q. CAN THE WOMAN'S CONDOM BE USED TOGETHER WITH HORMONAL CONTRACEPTIVES SUCH AS THE PILL, INJECTIONS, AND OTHER LONG-ACTING METHODS OF PREGNANCY PREVENTION?

Yes. The Woman's Condom can be used with the pill, injections, implants, and the intrauterine device.

Q. CAN I USE THE WOMAN'S CONDOM TOGETHER WITH A MALE CONDOM?

No. Never use a male condom and the Woman's Condom at the same time. Using the two condoms together increases the chances of either one or both of them breaking and DOES NOT increase protection.

Q. CAN I REUSE THE WOMAN'S CONDOM?

No. A new Woman's Condom should be used every time you have sex.

Q. CAN I USE THE WOMAN'S CONDOM FOR ANAL SEX?

The Woman's Condom is not designed for anal sex. It has not been studied or approved for anal sex use.

Q. DOES THE WOMAN'S CONDOM COME IN DIFFERENT SIZES?

No. The Woman's Condom fits all women regardless of their size or shape.

Q. WHAT IF THE RING IS PUSHED INSIDE MY VAGINA?

STOP. Remove the Woman's Condom and insert a new condom.

Q. WHAT IF THE PENIS ENTERS TO THE SIDE OF THE CONDOM?

If the penis enters to the side of the condom, against the vaginal wall, STOP. Guide the penis back into the condom, with additional lubrication if necessary.

Q. WHAT SHOULD I DO IF THE WOMAN'S CONDOM SLIPS OR IS USED INCORRECTLY?

If the Woman's Condom slips or is used incorrectly, talk to your health care provider about emergency contraception. If you show any signs or symptoms of an STI, consult your health care provider.

Q. HOW DO I DISPOSE OF THE WOMAN'S CONDOM?

The Woman's Condom should be disposed of in the garbage, not down the toilet.

1. Twist the ring to seal the condom to prevent the semen from spilling out.
2. Pull the condom out and wrap it in the package it came in or in a tissue.
3. Dispose of the Woman's Condom in the same way you dispose of sanitary towels.

Q. HOW LONG CAN I KEEP THE WOMAN'S CONDOM?

An expiration date is printed on every Woman's Condom package.

Q. WHERE CAN I FIND OR PURCHASE THE WOMAN'S CONDOM?

In China, the Woman's Condom can be purchased online through Taobao.

All other product inquiries should be directed to:

Hua Chen, President
Shanghai Dahua Medical Apparatus Co., Ltd.
No. 85, Shengshan Road
Chongming Industrial Park
Shanghai, China
200011
shdahua1@msn.cn

SECTION 8:

ADDRESSING MYTHS OR MISPERCEPTIONS ABOUT THE WOMAN'S CONDOM

1. The capsule will not dissolve.

The capsule is made of a thin, soft film that dissolves when it comes into contact with moisture. The film dissolves in the same way as capsules you take by mouth, which also dissolve when you swallow them. When you add lubricant to the inside of the pouch, you feel with your finger that the capsule has dissolved and that the pouch has opened up inside your vagina.

2. The capsule will build up inside my body if I use the Woman's Condom several times.

No, the capsule will not build up inside your body. When the capsule dissolves, it breaks down into water and small soft pieces of film that feel like gel. After sex, your natural vaginal moisture washes any remaining parts of the film out of your body. The capsule cannot build up upside your vagina no matter how many times you use the Woman's Condom. Ten years of clinical studies have demonstrated that the Woman's Condom is safe to use and there are no side effects. The film from which the capsule is made has been used in medical products for many years with no reported safety issues or side effects.

Myths and misperceptions are particularly dangerous because they can have a negative impact on what women and men believe about a product and whether they feel comfortable using it. A myth is information that is repeated so often that it generally becomes accepted as fact, even if it is not true. A misperception is the same thing as a misunderstanding; it needs to be addressed since it can lead to unnecessary concerns about using a product.

Myths or misperceptions about the Woman's Condom need to be addressed immediately. Here are some myths and misperceptions about the Woman's Condom that have been observed during studies and market tests.

3. The foam shapes on the outside of the condom will fall off during sex and stay inside my vagina.

The foam shapes are attached to the outside of the pouch during the manufacturing process by heat-welding. They are firmly attached and should not come off during sex. If you are concerned about this, check the condom after sex to confirm that all four shapes are still on the pouch before you discard it. If by any chance one of the shapes is missing, it will be flushed from your vagina with your natural secretions.

4. The Woman's Condom is so thin it looks as if it will break easily.

The Woman's Condom is made from polyurethane, which is stronger and thinner than latex from which male condoms are made. It will not break easily. During ten years of clinical studies, the Woman's Condom has not broken or torn during use. The film of the Woman's Condom pouch was tested during product development to ensure it would be strong. The pouch film also is tested as part of the quality testing during and after manufacture to ensure it is strong. The Woman's Condom meets the required international standards for tensile tests, which measure the force required to break the condom.

5. The Woman's Condom will disappear inside my body during sex.

The Woman's Condom cannot disappear inside your body. The Woman's Condom covers the cervix, and the opening to the cervix is too small for the Woman's Condom to pass through it. The cervix only opens up during childbirth. Additionally, the ring at the open end of the condom lays flat against the vagina outside your body once the Woman's Condom has been inserted so you will be able to see that the condom has not disappeared inside your body.

SECTION 9:

EXPLORING PROMOTIONAL STRATEGIES AND MESSAGES FOR THE WOMAN'S CONDOM

- 1. Consider promoting and discussing the Woman's Condom as a contraceptive option.** Some women find it easier to talk with their partner about contraception to prevent unintended pregnancy rather than focusing on sexually transmitted infection/HIV protection. Even women who are able to negotiate condom use with casual partners report difficulty talking to their "primary partner" about condom use. Helping women talk about the Woman's Condom as a family planning method may help allay issues of suspicion and distrust.



- 2. Find opportunities to talk to men about the Woman's Condom and highlight the advantages for men of using female condoms.**
 - Men can get tired or dissatisfied with having to use a male condom. They may appreciate having their partner take responsibility for condom use for a change. Having an option like the Woman's Condom can make it more fun for partners to trade off who takes responsibility for protection and not always having to do the same thing each time.
 - The Woman's Condom is not tight or constricting like the male condom and does not dull the sensation of sex like male condoms.
 - The penis can slide smoothly in and out of the condom during sex.
 - The Woman's Condom can be inserted before sex so does not interrupt foreplay.
 - The material warms to the body temperature so sex with the Woman's Condom can feel more natural than sex with a male condom.
 - Either partner can insert the Woman's Condom. Couples can make inserting the Woman's Condom part of their sex play. A man may find it sexy to watch his partner inserting the Woman's Condom into her vagina or he may find it exciting to insert the Woman's Condom for her.
 - With the Woman's Condom, couples can use as little or as much lubricant as they like, which can make sex more sensual.

Promotional messages are critical in raising awareness among women and men and getting them interested and excited about the Woman's Condom. The strategies and messages you choose to promote the Woman's Condom will depend on your target audience and what is culturally appropriate.

Below are a few suggestions that may help you to develop messages to promote the Woman's Condom.

- 3. Highlight the Woman's Condom's unique features that allow ease of use and good sensation.**
 - The capsule allows the condom pouch to be collapsed into a discreet package rather than being fully open during insertion.
 - The capsule makes the Woman's Condom easy to handle and insert into the vagina.
 - The Woman's Condom is packaged dry (not pre-lubricated). This makes it easy to handle since it is not slippery when it comes out of the package.
 - The four foam shapes cling lightly to the vaginal wall and hold the condom in place during sex. This means there is no need for an inner ring or sponge at the closed end of the condom to hold the pouch in the vagina during sex.
 - A lubricant sachet comes with each Woman's Condom. This lets couples decide how much lubricant they want to use.
 - The Woman's Condom has a soft, thin ring with a flat profile which helps it be flexible and comfortable for the woman during sex.

SECTION 10: TIPS FOR NEGOTIATING USE OF THE WOMAN'S CONDOM

In almost all countries, women and men find it difficult to talk about sex—not just what they like and don't like, but also their desire for protection from pregnancy and sexually transmitted infections. In addition, social, economic, cultural, and religious factors can make it even more difficult for women to discuss condom use with their partner. Below are a few messages that women can use to talk to their partner about the Woman's Condom and encourage him to give it a try.

One point to stress is that women will probably have more success in introducing the Woman's Condom and helping her partner consider this if they discuss it in a relaxed environment, preferably not just prior to sex or just before sexual penetration.

“

How about we try the Woman's Condom today? That way you won't have to wear a male condom this time.”

“

I can put the Woman's Condom in before we have sex so we won't have to take time when the moment comes.”

“

I think you'll like the feel of sex when we are using the Woman's Condom. It is not tight or constricting like the male condom, so sex will feel more natural.”

“

It comes with a silky lubricant. I can rub this on your penis or put it on the inside of the condom. Your penis will slide in and out; you'll hardly notice that I'm wearing a condom.”

“

I know you are allergic to latex but this is made from a different material.”

“

It's made out of a really thin, soft material. It will feel like next to nothing.”

“

Let's try the Woman's Condom, it will prevent me from getting pregnant.”

“

You can watch me insert the Woman's Condom, or you could even put it in for me, which will be really sexy.”



ANNEXES

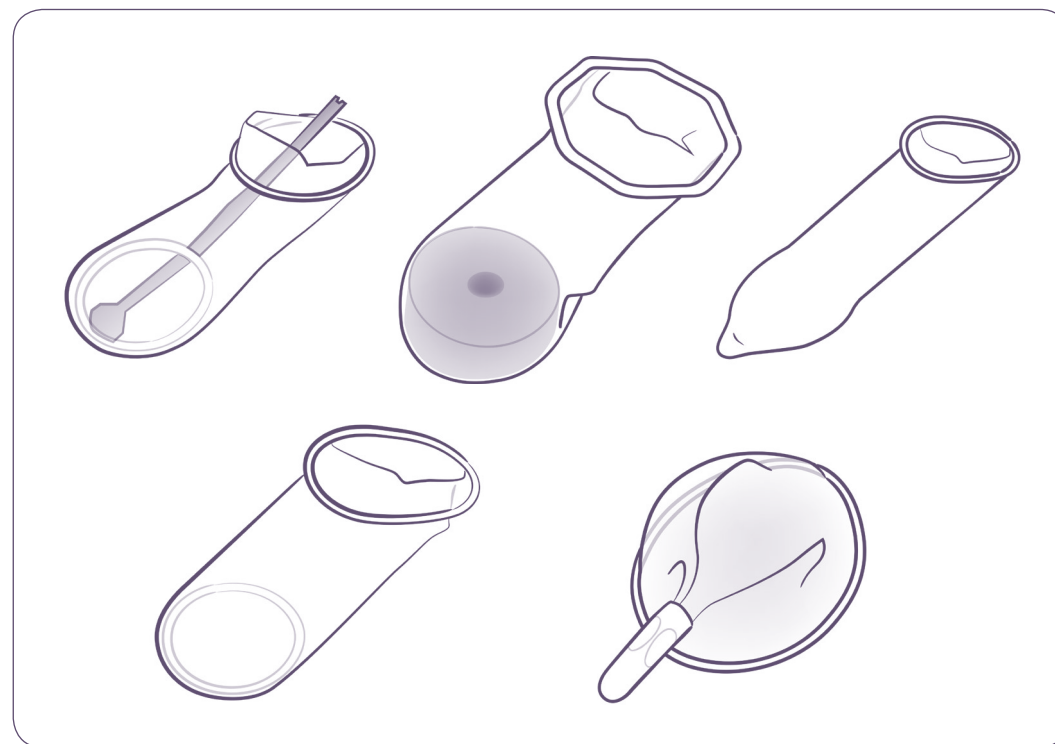
- A:** COMPARISON CHART: DIFFERENT TYPES OF FEMALE AND MALE CONDOMS
- B:** WOMAN'S CONDOM CHECKLIST
- C:** DEMONSTRATION SCRIPT: HOW TO USE THE WOMAN'S CONDOM


ANNEX A:

COMPARISON CHART: DIFFERENT TYPES OF FEMALE CONDOMS AND MALE CONDOMS

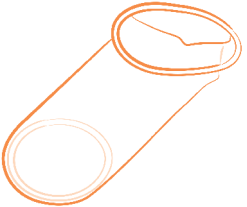
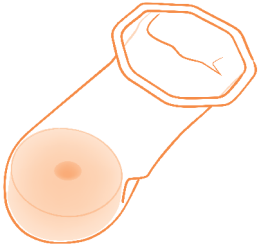
Male and female condoms are **the only form of contraception that provide dual protection from unintended pregnancy and sexually transmitted infections, including HIV.**

Condoms act as a physical barrier between the cervix and sperm. Male condoms are worn on the penis while female condoms are inserted into the vagina; **female condoms also cover a woman's external genitals.** All female condoms below can be inserted in advance of sexual intercourse and do not need to be removed immediately after sex. Unlike the male condom, **female condoms do not constrict the penis.** **Both male and female condoms can be used without seeing a health care provider.**


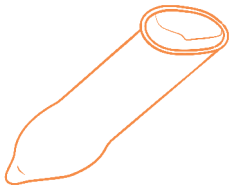


	MANUFACTURER	SPECIFICATIONS	HOW TO INSERT THE CONDOM	ADVANTAGES	AVAILABILITY
Woman's Condom	Shanghai Dahua Medical Apparatus Company Ltd., China WEBSITE: www.femalecondom.cn 	MATERIAL <ul style="list-style-type: none"> · Polyurethane, 0.03 mm thick +/- 0.003 mm. INSERTION AND RETENTION <ul style="list-style-type: none"> · The closed end of the condom is wrapped inside a dissolving capsule. The capsule is used to insert the condom into the vagina. · Four foam shapes are heat-welded on to the outside of the pouch. These foam shapes hold the condom in place during sex. · A circular ring at the open end of the condom remains outside the vagina. LUBRICATION <ul style="list-style-type: none"> · The Woman's Condom is packaged dry (not pre-lubricated). It is supplied with a small packet of water-based lubricant that is applied at the time of use. · It is recommended for use with water-based lubricant. SHELF LIFE <ul style="list-style-type: none"> 3 years. 	<ul style="list-style-type: none"> · Put your hand inside the condom and hold the capsule between your thumb and forefinger. · Push the capsule as far inside your vagina as you can. Wait 30-60 seconds for the capsule to dissolve. · Lubricate the inside of the condom with your finger. You can also add lubricant directly onto your partner's penis. 	<ul style="list-style-type: none"> · The capsule can make insertion of the Woman's Condom easier than other female condoms. · The material is thin and soft. It warms to body temperature, so sex can feel more natural than sex with a male condom. · Because the condom is not pre-lubricated, it is not slippery or difficult to hold. Users can apply as little or as much lubricant as they like. · The Woman's Condom was designed with input from women and men in multiple countries. It is designed to be easy to use and comfortable for both partners. 	<ul style="list-style-type: none"> · The Woman's Condom is approved for sale in China, South Africa, and Europe. · The World Health Organization (WHO) is currently reviewing the Woman's Condom for prequalification.

COMPARISON CHART: DIFFERENT TYPES OF FEMALE CONDOMS AND MALE CONDOMS

	MANUFACTURER	SPECIFICATIONS	HOW TO INSERT THE CONDOM	ADVANTAGES	AVAILABILITY
FC2 [®] female condom	<p>The Female Health Company, United States (manufactured in Malaysia)</p> <p>WEBSITE: www.femalehealth.com</p> 	<p>MATERIAL</p> <ul style="list-style-type: none"> · Nitrile, a synthetic rubber (non-latex), 0.065 mm–0.085 mm thick. <p>INSERTION AND RETENTION</p> <ul style="list-style-type: none"> · An inner ring inside the closed end of the condom is used to insert the condom and keep it in place during sex. · A circular outer ring at the open end of the condom remains outside the vagina. <p>LUBRICATION</p> <ul style="list-style-type: none"> · FC2 is pre-lubricated with a silicone-based lubricant. · It can be used with water and oil-based lubricants. <p>SHELF LIFE</p> <ul style="list-style-type: none"> · 5 years. 	<ul style="list-style-type: none"> · Squeeze the inner ring at the closed end of the condom between your thumb and forefinger so that it forms a point. · Insert the inner ring into your vagina. · Slide your index or middle finger inside the condom and push the inner ring up as far as possible into your vagina. 	<ul style="list-style-type: none"> · The material is soft and warms to body temperature so sex can feel more natural than sex with a male condom. · Some men like the sensation of their penis bumping against the inner ring. 	<ul style="list-style-type: none"> · The FC2 female condom is available in more than 130 countries. · It is approved by the US Food and Drug Administration; the European Regulatory authority; and has WHO prequalification.
Cupid [™]	<p>Cupid Ltd., India</p> <p>WEBSITE: www.cupidltd.com</p> 	<p>MATERIAL</p> <ul style="list-style-type: none"> · Latex, 0.11 mm thick +/- 0.02 mm. <p>INSERTION AND RETENTION</p> <ul style="list-style-type: none"> · A donut-shaped polyurethane sponge at the closed end of the condom is used to insert the condom and keep it in place during sex. · An octagonal-shaped ring at the open end of the condom remains outside the vagina. <p>LUBRICATION</p> <ul style="list-style-type: none"> · Cupid is pre-lubricated with a silicone-based lubricant, with or without flavor. · It cannot be used with oil-based lubricants. <p>SHELF LIFE</p> <ul style="list-style-type: none"> · 3 years. 	<ul style="list-style-type: none"> · Squeeze the sponge at the closed end of the condom between your thumb and forefinger until it becomes long and narrow. · Insert the sponge into your vagina. · Put your index finger inside the condom and push the sponge up as far as you can into your vagina. 	<ul style="list-style-type: none"> · Cupid female condoms are available in both natural and pink colors, as well as a vanilla scent. · The sponge helps absorb semen, reducing the chance of semen spilling when the condom is removed. 	<ul style="list-style-type: none"> · The Cupid female condom is approved for sale in Brazil, India, South Africa, and Europe. · It has WHO prequalification and is distributed in several countries.

COMPARISON CHART: DIFFERENT TYPES OF FEMALE CONDOMS AND MALE CONDOMS

	MANUFACTURER	SPECIFICATIONS	HOW TO INSERT THE CONDOM	ADVANTAGES	AVAILABILITY
Phoenurse®	<p>Tianjin Condoobao Medical Polyurethane Company, China</p> <p>WEBSITE: www.condoobao.com/eng/index.asp</p> 	<p>MATERIAL</p> <ul style="list-style-type: none"> · Polyurethane, 0.045 mm–0.052 mm thick. <p>INSERTION AND RETENTION</p> <ul style="list-style-type: none"> · An inner ring at the closed end of the condom is used to insert the condom and keep it in place during sex. · Phoenurse also comes packaged with an insertion stick that can be used to push the condom into your vagina. · A circular outer ring remains outside the vagina. <p>LUBRICATION</p> <ul style="list-style-type: none"> · Phoenurse is pre-lubricated with a silicone-based lubricant. · It can be used with water and oil-based lubricants. <p>SHELF LIFE</p> <ul style="list-style-type: none"> · 3 years. 	<ul style="list-style-type: none"> · Squeeze the inner ring at the closed end of the condom between your thumb and forefinger so that it forms a point. · Insert the inner ring into your vagina. · Place your index or middle finger into the condom and push the ring inside your vagina as far as you can. · Alternatively once you have inserted the inner ring into your vagina you can use the insertion stick to push the condom up into your vagina as far as you can. 	<ul style="list-style-type: none"> · Phoenurse comes with an insertion tool to push the inner ring into your vagina. · The material warms to the body's temperature so sex can feel more natural than sex with a male condom. 	<ul style="list-style-type: none"> · Phoenurse is approved for sale in China and Europe and is distributed in a few countries. · The WHO is currently reviewing Phoenurse for prequalification.
Male condom	<p>Various manufacturers</p> 	<p>MATERIAL</p> <ul style="list-style-type: none"> · Most male condoms are made of latex. Some are made of polyurethane. Thickness generally ranges from 0.03 mm–0.08 mm. <p>APPLICATION</p> <ul style="list-style-type: none"> · The condom is unrolled onto an erect penis and stays on the penis during sex. <p>LUBRICATION</p> <ul style="list-style-type: none"> · Most latex male condoms are pre-lubricated with a water-based lubricant. · Latex condoms cannot be used with oil-based lubricants. Only polyurethane condoms can be used with oil-based lubricants. <p>SHELF LIFE</p> <ul style="list-style-type: none"> · Most male condom manufacturers predict that male condoms have a 5-year shelf life. 	<ul style="list-style-type: none"> · Do not unroll the condom when you take it out of the packet. · Pinch the tip of the condom between your thumb and forefinger to get rid of any air, and hold it in place while you roll the condom onto the erect penis. 	<ul style="list-style-type: none"> · Male condoms are available in a wide variety of shapes, sizes and flavors, including ribbed and vibrating male condoms. 	<ul style="list-style-type: none"> · Male condoms are well known and generally widely available. · Some male condom factories have WHO prequalification. · Users should check that the condom has relevant regulatory approval.

REFERENCES CITED:

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www.fda.gov/ohrms/dockets/ac/08/briefing/2008-4392b1-01%20FDA%20Executive%20Summary.pdf
www.femalecondom.org
www.path.org/publications/files/RHSC_fem_condom_br.pdf

www.cupidltd.com
www.condoobao.en.ec21.com
www.condom-sizes.org/thick-condoms/thick-condoms
 As of November 2013 all information cited in this document is accurate.

ANNEX B:

WOMAN'S CONDOM CHECKLIST



The Woman's Condom provides protection against both unintended pregnancy and sexually transmitted infections, including HIV. It is a "dual protection" method.



The Woman's Condom is made from polyurethane, which is stronger than latex and transfers heat during sex.



The Woman's Condom loosely lines the vaginal wall and a ring covers the external sex organs.



The Woman's Condom is packaged dry (not pre-lubricated) but comes with a sachet of water-based lubricant. The Woman's Condom is recommended for use with the lubricant provided.



A dissolving capsule at the closed end of the condom is used to insert the Woman's Condom. This should not be pulled off when the condom is removed from the packet.



Find a comfortable position to insert the Woman's Condom. Either partner reaches inside the Woman's Condom and holds the capsule between their thumb and index finger.



Either partner pushes the capsule as far up as it will go inside the vagina. A small amount of lubricant can be applied to the tip of the capsule to make insertion easier.

The checklist below covers the messages you should remember when talking about the Woman's Condom. These messages are also covered in the instructions for use but are included here as a checklist for easy reference.



Once the capsule comes in contact with the moisture in the vagina, it dissolves and the condom opens up. Couples must wait 30 to 60 seconds before having sex. Natural vaginal secretions wash out the small amount of liquid inside the capsule after sex. It does not build up in the vagina over time.



As the condom opens up, the four foam shapes that are heat-welded onto the outside of the condom cling gently to the vagina and help keep it stable during use.



Once the Woman's Condom is inserted, apply lubricant either directly onto the penis or inside the Woman's Condom.



At the open end of the condom is a soft ring. This lays flat against the outside of the vagina. Either the man or woman guides the penis inside the condom. If the penis pushes the ring inside the vagina, STOP. Remove the condom and insert a new one. If the penis enters the vagina between the outside of the condom and the vaginal wall, STOP. Guide the penis back into the vagina.



The Woman's Condom does not have to be removed immediately after sex. When a woman is ready to remove the condom, she should twist the ring to prevent semen spilling out and wrap it in either a tissue or the packet it came in and throw it in the garbage. It must not be disposed of in a toilet.

ANNEX C:

DEMONSTRATION SCRIPT: HOW TO USE THE WOMAN'S CONDOM

This script was created to help you feel more comfortable describing the Woman's Condom and showing how it is used. It was designed to reach a variety of audiences, including potential users, health providers, and community organizations. Please note this script is just a guide. You are encouraged to use words that are most suitable for your community and to bring your own style to the demonstration. Have fun!

Topic 1.

Introduction.

What to say

I'd like to talk to you about the Woman's Condom, a new and safe option that women and men can use to protect themselves against unintended pregnancies and sexually transmitted infections, including HIV.

The Woman's Condom is made from a soft, smooth material and is inserted into your vagina. It can enhance pleasure during sex as the material is thin and warms to your body temperature.

It also provides an option for those times when you do not want to use a male condom.

What to show/do

Show the Woman's Condom package.

Topic 2.

Inspect package and take condom out.

What to say

I'm going to show you how to use the Woman's Condom. You'll see it has some special features. I'll describe these as we go along. If you have any questions, please feel free to ask them.

The first thing you should do is to check to make sure that there are no holes in the package. Look at the expiry date, which is printed along the top of the package. Make sure the condom hasn't expired and is safe to use.

Then, open the package using the notch in the corner. Gently take the condom out of the package. Feel how thin and silky the material is. The material is made of polyurethane, a soft and strong material that can be used by people with latex allergies. You'll notice that the condom is dry.

What to show/do

Briefly examine the package for holes and show where the expiry date is located.

What to show/do

Point to the notch used to open the package. Then, open the package and take the product out. Draw the audience's attention to the material by touching it.

Topic 3.

Briefly name features and point to them.

What to say

You'll see that the condom is folded inside a "dissolving capsule" made of a thin, soft film. The capsule makes it easier for you to handle and insert the condom. Once inserted in your vagina, the capsule begins to dissolve as soon as it comes into contact with the moisture there.

Remember: It's important that you do not pull the capsule off the condom when taking it out of the package because you use the capsule to insert the condom.

Right now the capsule is covering four foam shapes attached to the outside of the condom; these keep the condom stable in the vagina during sex. I will show you these foam shapes and how they work in just a moment when I demonstrate how to insert the Woman's Condom. At the other end of the condom is a soft, flexible ring. This ring lays flat outside the woman's vagina during sex.

What to show/do

Point to the capsule.

What to show/do

Point to the foam shapes inside the capsule when introducing them.

What to show/do

Point to the ring when describing it.

Topic 4.

Show how the Woman's Condom is inserted and how the condom expands after the capsule dissolves.

What to say

Now, let me show you how to insert the Woman's Condom. I will use my hand; pretend it is a vagina.

To start with, we confirmed the package had no holes and that the condom had not expired. We are now ready to insert the condom.

First, reach through the condom to hold the dissolving capsule—like this. Get into a relaxed position to insert the condom. You can sit, squat, or lie down; whichever is most comfortable for you.

Then, insert the dissolving capsule into the vagina and push it in as far as it will go. If you find that it doesn't slide in easily, add some lubricant to the tip of the capsule. The ring of the condom should lie flat against the vagina—like this. If the condom feels uncomfortable, then it is probably not inserted correctly. Take it out and try with a new one; remember practice makes perfect.

What to show/do

Grasp the dissolving capsule as you see on the instructions for use.

What to show/do

Insert the capsule into the pretend vagina (your other hand shaped like a semi-closed fist) and show how to push it as far as it will go. Turn your hand towards the audience to show how the ring stays outside the vagina and lays flat outside the vagina (your semi-closed fist).

What to show/do

Turn your hand back to the side view and pull off the capsule with your other hand.

What to show/do

Hold the condom by the ring on one hand. Point to the foam shapes now so the audience can fully see them. Tug on the foam shapes to show that they are strong and won't fall off.

What to say

As soon as the capsule comes in contact with the moisture in your vagina, it will begin to dissolve. This usually takes about 30 to 60 seconds. You must wait to have sex during this time (*remove capsule*). When the capsule dissolves, the condom will open up in your vagina. When the penis enters the condom, the condom will open up completely.

Now you can clearly see the four foam shapes. As soon as the foam shapes come in to contact with the walls of the vagina, they begin to absorb moisture and will cling lightly to the sides of the vagina. These keep the condom stable during sex. Don't worry, these shapes are heat-welded on to the condom and won't come off during sex.

Note:

Depending on your circumstance, you also have the option to put the condom in a glass of warm water to show how the capsule dissolves and releases the pouch.

Topic 5.

Show how the lubricant is applied and how the penis should enter the condom inside the vagina.

What to say

The condom comes out of its package dry (not pre-lubricated). In the package there is a small packet of water-based lubricant. You and your partner can use as much or as little lubricant as you like. After the condom has been inserted into the vagina, you can put the lubricant either inside the condom or on his penis. Using lubricant helps the penis slip in and move around easily during sex, and it can feel really good! **If you do not apply any lubricant the penis may pull the condom out during sex.**

What to say

Now you are ready to have sex. Remember, the ring stays on the outside of the vagina. Either you or your partner can use your hand to guide the penis into the condom. The penis should enter the condom like this.

If the Woman's Condom ring is pushed inside your vagina, STOP. Remove the Woman's Condom and insert a new condom.

If the penis enters to the side of the condom, against the vaginal wall, STOP. Guide the penis back in to the condom, with additional lubrication if necessary.

What to show/do

Put down the Woman's Condom and open the lubricant package. Put some lubricant on one finger. Then, pick up the Woman's Condom again and hold it in your pretend vagina (semi-closed fist) so that the ring stays on the outside of your fist. Apply lubricant on the inside of the condom.

What to show/do

Use your index and middle finger on your free hand as a pretend penis. Show the viewer how the penis correctly enters the condom.

Topic 6.

Show how to remove the condom from the vagina.

What to say

One benefit of the Woman's Condom is that when you have finished having sex, your partner does not need to withdraw immediately, like he does with a male condom. You can relax and enjoy the moment before removing the Woman's Condom.

When you're ready to remove the condom, twist the ring and gently pull the condom out. Twisting the ring helps prevent semen from spilling out of the condom. Dispose of the Woman's Condom in the same way as you do with a sanitary towel. Do not throw it into the toilet; wrap it in a tissue or the packet it came in and put it in the garbage.

What to show/do

Using your free hand, twist the ring and gently pull it out of your semi-closed fist (the pretend vagina). Wrap it in tissue or put it back into its package and throw it in the garbage.

Topic 7.

Wrap up with important things to remember.

What to say

And that's how you use the Woman's Condom. It is easy to use, it feels good during sex, and it protects you and your partner!

Before I finish I want to emphasize a couple of important points you must remember.

Never use a Woman's Condom and a male condom at the same time. This will increase the risk of both condoms tearing and does not provide additional protection.

Never reuse the Woman's Condom. Use a new Woman's Condom every time you have sex.

Topic 8.

Questions and answers

What to say

What questions do you have about the Woman's Condom and how to use it?

Note:

See "All About the Woman's Condom" for commonly asked questions about the Woman's Condom and answers to these questions.

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