

## Female Condom (FC2 Internal Condom) – CON 14

### DEFINITION

The female condom is a single-use, internal condom that is a one size barrier method of contraception to prevent direct contact with seminal fluid during vaginal intercourse. It is a non-latex nitrile sheath, which fits inside the vagina. Female condom has two rings; the smaller ring at the closed end lies inside the vagina and wider ring at open end of sheath remains outside the vagina. It contains a silicone-based lubricant and provides full barrier protection of the vagina and part of the vulva. Provides protection against STIs as long as the condom does not slip out of place or is torn. It is classified as a class II medical device and the only FDA approved internal condom. It is only available in the US by prescription under the brand name FC2. Recommend checking insurance coverage as they can be costly.

### SUBJECTIVE

May include:

1. Confirm that no history of allergy in client or partner to any component of the condom (nitrile sheath, polyurethane ring, and silicone-based lubricant) Note: Can be used by latex-allergic individuals
2. Confirm that no known history of vaginal/cervical anomalies

### OBJECTIVE

May include:

1. No health assessment is needed prior to initiation of method
2. Vaginal or speculum examination is not indicated but may be performed if suspect vaginal or cervical abnormalities or anatomy that may prevent proper use

### LABORATORY

1. Consider STI screening, as appropriate

### ASSESSMENT

Candidate for use of female condom

### PLAN

1. Provide client with detailed manufacturer's instructions, visual diagrams may be helpful
2. Discussion with women regarding comfort level; use of the female condom requires a woman to be psychologically comfortable with vaginal insertion and removal
3. Offer emergency contraception as needed

### CLIENT EDUCATION

1. Review client education handout(s) and manufacturer's inserts. Review side effects, complications, efficacy, and danger signs. Note: Stress that the female condom cannot be used with a male latex condom and female condoms are not reusable
2. Review safer sex education, as appropriate
3. Recommend that client RTC for method evaluation annually and PRN for problems
4. Efficacy rate is 95% with perfect use. Typical use has 21% failure rate in first year
5. It can be inserted up to 8 hours before sexual intercourse. No need for spermicide
6. Provides protection against some STIs
7. Not recommended to be used in combination with male condoms, diaphragms, cervical caps, sponges, or vaginal rings
8. Prescription needed for use, may review FC2 website <https://fc2.us.com> for additional information of prescribers and pharmacy options

**CONSULT / REFER TO PHYSICIAN**

1. No specific need to refer to physician

**REFERENCES**

1. Culwell, K., & Pritzker, J. (2025). On-demand, internal methods. In R. A. Hatcher, P. Cason, C. Cwiak, A. Edelman, D. Kowal, J. M. Marrazzo,., ... M.S. Policar (Eds.). *Contraceptive technology* (pp. 477- 501). (22nd ed.). Jones & Bartlett Learning.
2. U.S. Centers for Disease Control and Prevention. (2024). *Condom use: How to use an internal condom*. Retrieved from <https://www.cdc.gov/condom-use/resources/internal.html>
3. Kelsey, B. (2021). Gynecologic, reproductive, sexual, and menopause health. In B. Kelsey, & J. Nagtalon-Ramos. (Eds.), *Midwifery & women's health nurse practitioner certification review guide* (pp. 131-174). (5<sup>th</sup> ed.). Jones & Bartlett Learning.