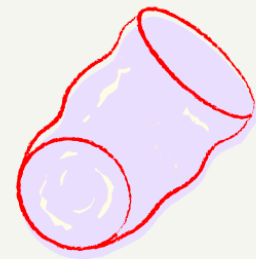


Internal Condom



What is the internal condom?

The internal condom is a soft, latex-free barrier method that goes inside of the vagina or anus to prevent pregnancy and/or protect against transmission of sexually transmitted infections and HIV. Internal condoms are made of nitrile polymer. The internal condom may also be referred to as the "female condom", though it can be used by anyone with a vagina during vaginal sex, and for anyone during anal sex.



How does it work?

The internal condom fits inside the vagina, acting as a physical barrier to prevent direct contact with a penis, trapping sperm in the condom so that it cannot fertilize an egg, thus preventing pregnancy. It can also be inserted in the anus. In both uses, the physical barrier also protects from sexually transmitted infections which are transmitted through bodily fluids or genital to genital/mouth contact.



How do I use the internal condom?

The internal condom contains an outer and inner ring. For vaginal sex, both rings remain intact and it is inserted in the vagina before sex. For anal sex, the inner ring is removed and then the condom inserted. The condom is to be worn during sexual activity. Afterwards, it is to be thrown in the garbage. A new condom must be used for each new activity.



Where can I get an internal condom? What is the cost?

You can purchase internal condoms at pharmacies and designated sexual health clinics. Internal condoms are not as readily accessible as external condoms. They cost about \$2-\$3 each. **On Acadia's campus, you can get internal condoms for free at the Sexual Health Resource Centre (SUB 509).**



What else should I know about the internal condom?

- Do not wear two condoms of any kind at the same time as the friction between them can cause them to break.
- A condom may break or slip during sexual activity.



How effective is the internal condom?

With perfect use, the internal condom is 95% effective in preventing pregnancy. With typical use, it is 79% effective. It also provides protection against sexually transmitted infections and HIV.

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