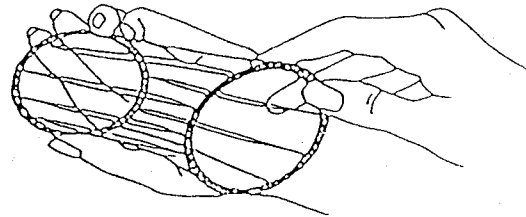


CONDOMS FOR WOMEN The Reality Female Condom



WHAT IS the female condom? Reality female condoms are made of a thin plastic called polyurethane. This is NOT latex or rubber. The condom is placed into the woman's vagina. It is open at one end and closed at the other. Both ends have a flexible ring used to keep the condom in the vagina. Among typical couples who initiate use of Reality condoms, about 21% will experience an accidental pregnancy in the first year. If these condoms are used consistently and correctly, about 5% will become pregnant. *Complete information about this contraceptive is available through your clinician or through the package insert.*

ADVANTAGES

- Female condoms give women more control and a sense of freedom.
- You don't need to see a clinician to get it. No prescription or fitting is needed.
- Can be put in several hours in advance.
- Safe and fairly effective at preventing both pregnancy and infection.
- Any lubricant may be used with the female condom. It does come with its own lubricant.
- Polyurethane transmits heat well. This may make sex more fun.
- Can be used if man or woman is allergic to latex.

DISADVANTAGES

- This condom is large and some call it unattractive or odd looking. "It looks like a condom for a slinky" said someone! Its size and unattractiveness may decrease enjoyment of sex.
- It will not work if the man's penis goes outside of the female condom.
- It can make rustling noises prior to or during intercourse. A lubricant may decrease noises.
- Takes practice to use it right. Some people complain that it is hard to use.
- Not available in as many stores as the male condom. May be hard to find.
- About three times more expensive than male condoms.

WHERE can I get Reality female condoms?

Sold at most drugstores and at some supermarkets. Call in advance to be sure.

Sold in packs of three or six and costs \$2 to \$3 per condom.

The package comes with a leaflet that explains how to use the condom.

To learn more about the Reality condom, call your clinician or call **1-800-274-6601**.

WHAT IF I HAVE SEX AND DON'T USE BIRTH CONTROL?

Did you know that.... for 72 hours.... *after* sex, you can take emergency pills to avoid becoming pregnant? AND for 5 days....*after* sex, you can have an IUD put in, so you won't become pregnant. Not all clinicians know about this. If you need to know more or would like the phone numbers of clinicians near you that have emergency birth control..... **Call: (800) 584-9911.**

CONDOMS FOR WOMEN: Preparation of this page not supported by funds from a pharmaceutical company, is *not copyrighted*, and may be copied or adapted without asking permission. kbm: 12/3/96; 404-616-3709 or 706-782-6038. These descriptions of contraceptive options are available from the Bridging The Gap Foundation in color, in bulk and on overheads. 404-373-0530.

Hysterectomy • Masturbation • Menstrual Cycle • Contraceptive Implants • Progesterin-Only Pills • Tubal Sterilization • Vasectomy • Withdrawal • Abortion • Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera

CHOICES

Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera Injections • The Diaphragm • Emergency Contraceptive Pills • The Intrauterine Device (IUD) • Fertility Awareness Method (FAM) • Film • Foam

