

# HOT TOPIC: THE FC2

The FC2 goes by many names mainly; the female condom, the receptive condom, or the internal condom. The FC2 was first approved in 1992 by the U.S Food and Drug Administration for vaginal contraceptive use. The FDA has not approved the FC2 for anal sex. This means that the FDA has not studied the effectiveness of the FC2 in preventing STIs/HIV during anal sex. We are recommending the FC2 as a harm reduction technique during anal sex. Over the years the FC2 has been used for anal sex by men having sex with men (MSM), gay men, men having sex with women (MSW), and transgender persons. The FC2 is the only condom that the receptive partner can choose to wear and insert.

## Why use the FC2?

- Made from a non-latex material called synthetic nitrile. This is the same material surgical gloves are made from.
- Is large enough to fit any penis size
- Is a potential barrier to HIV and other STDs for receptive partners who are having anal sex
- Can be inserted without the insertive partner's penis being erect/ hard
- The insertive partner does not have to pull out immediately after ejaculation. The condom will still be held in place after the insertive partner's penis is not erect
- Can be used with water-based or oil-based lubricants



## • Where can I get the FC2?

- Baltimore City Health Department clinics distributed the FC2 for free at the STD clinics at the Eastern Health District (620 N. Caroline St.) and Druid Health Center (1515 W North Ave.)
- Select Walgreens locations, three FC2s for \$9.99
- At select CVS locations in Washington D.C
- GLCCB
- Chase Brexton

## Should the inner ring of the FC2 be removed when having anal sex?

Some people who use the FC2 for anal sex choose to remove the inner ring, and some people choose to keep it on the condom. Removing the inner ring of the FC2 could cause the condom to become tangled and possibly cause breakage. Not removing the inner ring of the FC2 may cause some discomfort when inserting the condom and possible irritation of the lining in the anus.

## Things to consider when using the FC2?

- The FC2 may move around during sex. Movement from side to side of the outer ring is normal.
- The FC2 may slip up and down, "riding" on the penis. This is normal, the anus and penis are still covered
- If the FC2 is slipping out, STOP, remove the FC2 and use a new one
- If you feel the outer ring being pushed inside the anus, STOP. Or if the penis starts to enter the anus underneath the condom or beside the pouch, STOP. Take out the FC2 and put in a new one
- Never use the FC2 with a traditional male condom, only one barrier of protection is needed
- Use lots of lubricant when using the FC2 to make sure there is limited discomfort when inserting the condom into the anus
- Do not use the same FC2 condom for different partners. If engaging in group sex or sex with multiple partners make sure to use a new FC2 with each partner
- Make sure fingernails being used to insert the FC2 are cut short to prevent tearing the condom before use
- Use lubricant inside the FC2 to keep it moist and increase pleasure for the insertive partner

**Want to give the FC2 a try? Flip this page over for instructions**

## Other Helpful Links:

[http://www.lacondom.com/archive\\_lass/women.php](http://www.lacondom.com/archive_lass/women.php)

<https://www.poz.com/article/building-better-barriers-feature-25167-2163>

<http://fc2sf.com/how-to-use-the-fc2/>