

INTERNAL CONDOM

What is the internal condom?

The internal condom is a soft pouch made of nitrile (synthetic rubber), that has two flexible rings at each end. It is inserted into the vagina or anus before having sex.

How effective is the internal condom?

Internal condoms are 95% effective at preventing pregnancy if used correctly, every time you have sex. Given mistakes might happen, such as incorrect use or slippage, internal condoms might only be 79% effective.

How does the internal condom work?

The internal condom works by preventing ejaculate (cum) from the penis entering the vagina or anus. The internal condom can prevent both pregnancy and sexually transmissible infections (STIs). Use a new internal condom every time you have sex.

How do I use the internal condom?

Check the expiry date before use. Squeeze the flexible ring at the closed end of the internal condom and insert the ring and internal condom into the vagina or anus. The flexible ring at the opening of the internal condom remains outside the vagina or anus and spreads over part of the genital skin. There are instructions on each pack.

Guide the penis/sex toy inside the internal condom so it does not slip under the internal condom. If the penis slips under the internal condom, there is no protection from pregnancy or sexually transmissible infections (STIs). If the internal condom slips or bunches up when the penis goes inside, use more lubricant.

Each internal condom can only be used once and then be thrown away into a bin (not down the toilet). To prevent pregnancy and STIs, the internal condom should be inserted before the penis touches the vagina or anus.

Internal condoms can be used with water-based, oil-based or silicone-based lubricants (lube). Lube is a jelly or liquid like material.

Where can I get the internal condom?

Internal condoms can be difficult to get, and they are more expensive than external condoms. They may be available at family planning clinics, sex shops, some pharmacies/chemists, and online. Lube is available from supermarkets, pharmacies/chemists and petrol stations. Some clinics, youth services and community health services provide lube for free.

What stops the internal condom from working?

Internal condoms might not work if they are:

- used incorrectly
- past their expiry date
- torn when opening packet
- kept in hot places for a long time (like a car glove box in summer).

What is good about the internal condom?

- Protects against sexually transmissible infections (STIs).
- Easy to use.
- Little or no side effects.
- Can be bought without a script.
- Can be used with any type of lubrication.
- Can be inserted hours before having sex.

Are there any side effects from taking the internal condom?

They can occasionally cause irritation of the vagina, penis or anus.

Can the internal condom cause any serious health problems?

There are no known serious health risks from using the internal condom.

Reasons why the internal condom might not be a good option:

Cost may be an issue (they are around \$3 each).

Disclaimer

This factsheet is for general information purposes only and should not be relied on as medical information. You should seek specific medical consultation for your individual circumstances.

What if I had sex without using an internal condom?

If you or your partner do not want to get pregnant, you might need emergency contraception, if you had sex without using an internal condom or other contraception (check with your doctor, nurse or pharmacist).

Can I use internal condoms after I have had a baby?

You can use internal condoms any time after giving birth.

What else should I know about the internal condom?

Wrap used internal condoms in tissue and throw away safely. Do not flush internal condoms down the toilet.

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