

# Barrier Methods: Condoms

## Birth Control Guide for People With CF

### EXTERNAL CONDOMS (ALSO KNOWN AS MALE CONDOMS)

External condoms are worn on the penis during vaginal, anal, or oral sex. They prevent STIs including HIV. They also prevent pregnancy.

HOW WELL DOES IT WORK?	PERFECT USE	COMMON USE
<b>External Condom</b> 	<b>99%</b>	<b>85%</b>

Condoms come in many shapes, sizes, and types. You can find them at most drugstores. You can use water-based or silicone lube with all types of condoms. Some condoms have a coating of spermicide. These are not more effective than regular lubricated condoms. They tend to cost more and have a shorter expiration date.

### TYPES OF CONDOMS

- **Latex condoms:** This type is the most common condom. Latex condoms protect against STIs and pregnancy.
- **Plastic condoms:** These are safe to use if you have a latex allergy. They are often made from plastics like polyurethane, nitrile, or polyisoprene. Plastic condoms protect against STIs and pregnancy.
- **Lambskin condoms:** This type of condom is made from the lining of animal intestines (often sheep). They are safe to use if you have a latex allergy. This type of condom only prevents pregnancy. They do not protect against STIs.

### HOW TO USE A MALE CONDOM

Talk with your partner about using condoms to prevent pregnancy or infection.

#### Before sex


- Be sure the package is not broken
- Apply before genital contact
- Pinch air out of the tip of the condom
- Unroll onto erect penis
- Use water or silicone-based lubricant on the outside of the condom, if needed

#### After sex

- Hold onto base of condom
- Withdraw while penis is still erect
- Throw in the trash—not the toilet!<sup>1</sup>

## INTERNAL CONDOMS (ALSO KNOWN AS FEMALE CONDOMS)

Internal condoms are a plastic pouch coated in a silicone-based lubricant. You insert it into the vagina to protect against STIs and pregnancy. It can also be used in the anus to protect against STIs if having anal sex.

HOW WELL DOES IT WORK?	PERFECT USE	COMMON USE
Internal Condom 	95%	79%

You should NOT use a male condom and a female condom together. This increases the risk of them breaking or tearing. You can insert female condoms for up to two hours before having sex. The only FDA-approved brand of female condom is **FC2 Female Condom®**.

Female condoms do not have latex. They are safe to use for people with a latex allergy or sensitivity.<sup>2</sup>

Female condoms can be harder to find and cost more than male condoms. You can get them over the counter through the pharmacy or with a prescription. They are covered by most insurance companies with no out-of-pocket cost if you have a prescription. To access:

- Go to the [FC2 website](#)
- Ask your doctor for a prescription
- Ask the pharmacy to order them
- Go to a student health center, Planned Parenthood, or other family planning center

## HOW TO USE A FEMALE CONDOM

### Before sex

- Be sure the package is not broken
- Apply before genital contact
- Hold the thick, inner ring with the closed end
- Squeeze sides of inner ring and insert into vagina (like inserting a tampon)
- Push inner ring as far as it will go
- Be sure condom is not twisted
- The thin, outer ring stays outside the body

### After sex

- Twist outer ring and pull condom out of vagina
- Throw in the trash<sup>1</sup>

## REFERENCES

1. Condom Use. cdc.gov. Updated April 3, 2024. <https://www.cdc.gov/condom-use/resources/external.html>
2. Internal Condom (FC2 Female Condom), [Fc2.us.com](https://fc2.us.com)

This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.