

Why should I use an internal condom?

Internal condoms (a.k.a. female condoms or femidoms) are a single-use barrier method that helps prevent sexually transmitted infections (STIs), blood borne viruses (BBVs), and unintended pregnancy.



The internal condom gives women and people with vaginas agency to choose their own barrier method.

Some people may prefer the feeling of an internal condom compared to a traditional condom.

Some people or their partner may struggle to maintain an erection, or prefer a looser fit. Unlike a traditional condom, an internal condom does not need to be replaced each time the penis goes soft.

Some may want to try something new and switch things up.

Note

Condoms are a single use item. Change your condom if:

- You put the condom on a penis or insert into the vagina wrong way
- Are having sex with multiple people
- Are inserting the penis / toy into different body parts (vagina/anus/mouth)



You can purchase internal condoms online or at some sexual health clinics.

