

Fact Sheet - Chinese

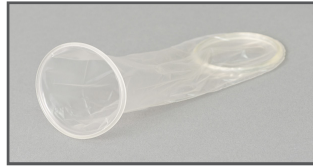
女用避孕套

The Female Condom



什麼是女用避孕套？

女用避孕套類似於大的男用避孕套。它大約15厘米長，並有兩個彈性環，兩端各一個，以保持它在陰道內的位置。一個環是閉合的，置於



女方的陰道內。另一個環是開口的，置於陰道外面。大多數普通避孕套是用乳膠（橡膠）制成的，但女用避孕套是用聚氨酯制成的，以讓性愛感覺更愉快。女用避孕套是預先潤滑的。女人在陰道內戴上女用避孕套以防止懷孕。它還有助於防止性傳播疾病（性病），包括艾滋病毒。

女用避孕套是如何起作用的？

在男人射精時，女用避孕套會捕捉住精液，這樣，精液裏的精子就不能往前移動，與卵子相遇而使女人懷孕。

女用避孕套的效果如何呢？

如果使用正確，女用避孕套有高達95%的有效率。這意味著，每100名使用女用避孕套一年的女性中，大約有5人會懷孕。但是，在典型使用（現實生活中的使用）中，它只有79%的有效率，這意味著，在一年內，100人中大約有21人會懷孕。

女用避孕套可與其它避孕方法，包括避孕藥、陰道環、避孕針劑、植入式避孕棒和宮內節育器結合使用。這提供了有效的避孕措施，同時預防性傳播疾病。

哪些人可以使用女用避孕套？

女用避孕套適用於大多數人，其設計結構適合於所有女性。對乳膠避孕套過敏或敏感的人也可使用女用避孕套。

如何購買女用避孕套？

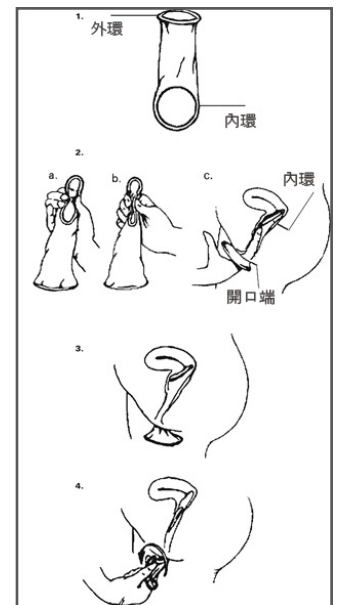
您可以從家庭生育計劃診所、大多數性健康診所，或從網上購買女用避孕套。有些婦女健康診所和藥房也有出售。

如何使用女用避孕套？

開口端的環覆蓋陰道口周圍的部位，內環放入陰道，內環還有助於女用避孕套保持在恰當的位置。

如何放入女用避孕套

- 捏住內環（避孕套的封閉端），將此環的邊緣擠壓在一起
- 將此端盡可能深地放入陰道。放開後，此環將會打開，以將避孕套保持在恰當的位置
- 在手指還在避孕套內時，將套子向上推入陰道。外環應保持在陰道外，靠貼著陰唇
- 確保避孕套沒有扭曲
- 性交時將陰莖插入陰道



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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

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審閱：2014年 7月 | FPNSW 07/14

如何取下女用避孕套

要在性交後取出避孕套，扭動外環，然後拉出避孕套即可。將避孕套放在紙巾中，並丟棄在垃圾桶。

要記住的事項

每一個女用避孕套只可使用一次。

女用避孕套不能與男用避孕套一起使用。這樣做可能使女用避孕套移動到不妥的位置，或可能使男用避孕套滑脫。

如果您忘記使用女用避孕套，或者您覺得它沒有起正常作用，您可以從藥房購買緊急避孕藥。緊急避孕藥可以在無保護的性行為後120小時內使用，以減少懷孕的機率。

欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務 (NRS，為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

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審閱：2014年 7月 | FPNSW 07/14

Fact Sheet - English

THE FEMALE CONDOM



What Is The Female Condom?

The female condom is like a large male condom. It is about 15cm long and has two flexible rings, one at each end, to keep it in place in the vagina. One of the rings is closed and this end rests inside the woman's vagina. The other ring, which is open, rests outside. Most regular condoms are made of latex (rubber), but the female condom is made of polyurethane which can make sex feel more pleasurable. It is prelubricated. A woman wears a female condom in her vagina to prevent pregnancy. It also helps to protect against sexually transmissible infections (STIs) including HIV.



How Does The Female Condom Work?

It works by catching the semen when the man ejaculates. Then the sperm in the semen cannot travel up to meet an egg and start a pregnancy.

How Well Does It Work?

When used correctly it is up to 95% effective which means that approximately 5 women out of every 100 women who use the female condom for a year will become pregnant. However with typical (real-life use), it is only 79% effective meaning that 21 women in every 100 may fall pregnant in a year.

Female condoms can be combined with other methods of contraception including contraceptive pills, vaginal rings, contraceptive injections, implants and IUDs. This provides effective contraception and prevents STIs at the same time.

Who Can Use A Female Condom?

It is suitable for most people, and designed to fit all women. It can be used by those who are allergic or sensitive to latex condoms.

How Do You Get Female Condoms?

You can buy female condoms from Family Planning clinics, most sexual health clinics and online. Some women's health clinics and pharmacies also stock them.

How Do You Use The Female Condom?

The ring at the open end covers the area around the opening of the vagina. You use the inner ring to insert the female condom. It also helps to hold the female condom in place.

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How To Insert The Female Condom

- Hold the inner ring (the closed end of the condom) and squeeze the edges of this ring together
- Insert this end as far as possible into the vagina. Upon release, the ring will open to hold the condom in place
- With your fingers inside the condom, push it up into the vagina. The outer ring should remain outside the vagina, resting against the labia
- Be sure the condom has not twisted
- Guide the penis into the vagina during sex

How To Remove The Female Condom

To remove the condom after sex, twist the outer ring and pull the condom out. Wrap it in some tissue and dispose of the condom in a rubbish bin.

Things To Remember

Each female condom can be used ONE TIME ONLY.

The female condom CANNOT be used with the male condom. This could make the female condom move out of place or the male condom could slip off.

If you forget to use the female condom or you feel that it has not worked properly, you can buy the emergency contraceptive pill from a pharmacy. The emergency pill can be used within 120 hours of unprotected sex to reduce the chance of getting pregnant.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

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