

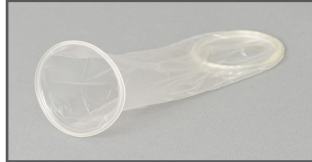
## Fact Sheet - Dinka

**KONDOM Ë NYANTIK**

## The Female Condom

**Kondom ë Nyantik Ye Kë Yindä?**

Kondom ë Nyantik a cīt kon ë moc lääu yic. Yeen a bār ka dōt cēntamīta 15 ku thok mēlānj alōt ka rou, tōk ye thok ku tōk ye cōk rin bē rēer dīl wath yic. Mēlānj tōk a cē thiōök ku loj cē thiōök a ye gac wath yic. Mēlānj ŋaany a ye wēl ayeer bē rēer mur thok ayeer. Kondom juāac aa ye looi alōt, ku Kondom ë Nyantik a looi poliuretheen rin tik ke moc cōl a yōk kēdānj mit tē tēec kek. Yeen a ye yaac ka cē tōc bē la lāklāk. Nyantik ee cej Kondom ë Nyantik wath yic bē rot tiit liēc. Ku yeen aya ee ye tiit tuenyuēeny ye yōk tōc yic (STIs) ku tuany HIV.

**Kondom ë Nyantik Ye Liēc Gēl Kadä?**

Luon de ku bē mīth wēl moc dōm bīk cī la adhiēt yic. Na looi keya ka mīth aa cīn tē bī kek rōm kek tuoj tik bē meth yōk.

**Ye Dīec Luui Kadä?**

Na ŋic Kondom ë Nyantik cej, ka gēl liēc tēn tik 95 buōtic, keya ka diāār ka 5 tik buōtic aa lēu bīk liēc ruōn yic tē cōk kek ye cej. Bē ya kēdānj, tē cej yeen cēŋcēj theer dhie (tē cīt tēn pīr), ka ŋic luui tēn tik 79 buōtic, keya ka ka tik 21 buōtic a lēu bē liēc ruōn yic tē cōk kek ye cej.

Kondom ë Nyantik a lēu bē mat kā kōk ye liēc gēl cīt piil, mēlānj ē wath, tuōm, wāl gēl liēc dēlcōk ku kuat IUD. Na looi keya ka liēc a ca gēl ebēn ku tit rot tuenyuēeny ye yōk tōc yic aya.

**Yeŋa Lēu Bē Cej Kondom ë Nyantik?**

Apath tēn diāār juāac, ku a cē looi ka thōj wanh kuat tik. A lēu bī tiŋ muōn kek kondom cē looi alōt cej.

**Ba Kondom ë Nyantik Yōk Tēno?**

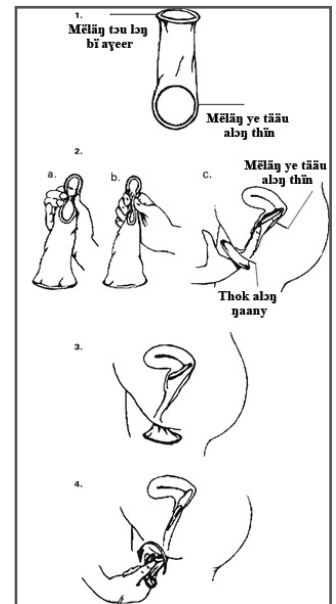
A lēu ba Kondom ë Nyantik ʒoc panakīm ē Guiēr ē Macthok, ku kuat bēyākīm lui alōj tōc tik ke moc ku lōkayukar. Bēyākīm kōk ē diāār ku dukāan aa ye kondom yōk thīn aya.

**Kondom ë Nyantik Ye Cej Kadä?**

Mēlānj alōt ʒor yic ee murk um thok. Kondom ë Nyantik a ye gac wath tē pik mēlānj tōu tē thiōök. Aya, mēlānj kēn ee Kondom ë Nyantik cōl rēer nyien de ku cī rot ye nyōn bei tē tēec tik ke moc.

**Dhēl Ye Kondom ë Nyantik Gac Wath Yic**

- Dōm mēlānj tōu loj bī tē thiōök (thōj kondom tē thiōök) ku ŋieec yic bē ye yic mat
- Jal muk ka ca ŋieec yic ku gac wath yic ba ʒeet adhiēt-thok. Na pāl yic, ka mēlānj a bē ye yic dōk rot wath yic bē rēer dīl
- Piěk kondom wath yic ka yī cē ciin nyuōth ku ciin ciel tāau kondom yic. Mēlānj ʒor apath bē dōj ayeer ka cē rot kan mur nhom.
- Duk kondom cōl dōk ye yic
- Ye cul dōm ba cōk thok wath yic tē tēec yīn ke moc



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loilooi ë kīim & lēk | piōoc & nyuuth | jāc | guiēr ë pinynhom

Aguir ë Guiēr ë Macthok NSW a ce wēu luōi bīk dhiēt ku wēu keen yen luui aa bēn tēn Amathōm ë Pialguōp NSW

Lēk tōu athōr kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ë FNPNSW a cē kē riēec ebēn guir rin bē lēk kēn ya lēk la cōk ku tēu nyien kōōl wāār gēt yeen. Na leŋ raan dieer alōj tē deen bī yen dhiēt thīn wālā alōj tē deen bī yen pial thīn tē tēec yen ke moc/ tik, ka yeen apath bē la tēn akiēm de bē yeen la wēt ku kony yeen; tēdā ka lēu bē la Panakīm ë Guiēr Macthok.

Beric: Pendhētem 2014/FPNSW 06/14

### Kondom ẽ Nyantik Ye Miẽt Kadã?

Na ca thök tõe ke moc ku wic ba kondom bẽẽy bei, ka yĩ wic mëlãn ayeer ba kondom der yeth ku mĩth bei. Kuãth warak ku cuat adit anyuoon yic.

### Kã Ba Muk Yĩ Nhom

Kondom ẽ Nyantik a ye koc tõe ARAK TÖK.

Kondom ẽ Nyantik A CE mat ke kondom moc. Na loi keya ka Kondom ẽ Nyantik a nyöön rot bei nyien de tẽdã ka kondom moc a wẽeth rot bei.

Na ca nom määar Kondom ẽ Nyantik tẽdã ka yĩn a diu ciët kęc rëer nyien de, ka lëu ba yoo pil gël lieny cuon yĩn dukãn wal yic. Pil gël lieny cuon yĩn a lëu ba dek thää 120 yic tẽn tẽec yĩn ke moc ka yĩ kęc rot tiit lięc, rin tekdã ba lięc gël yeen.

### Na wic ba lëk kők yök

- *Jam kek aguir ẽ Guiër ẽ Macthok NSW telepun ẽ jam 1300 658 886 wälã nem lõkayukar: [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)*
- *NRS (raan cĩn ye yic) 133 677*
- *Wälã lõc Panakim ẽ Guiër ẽ Macthok tõu akeunhom*

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Aguir ẽ Guiër ẽ Macthok NSW a ce wëu luöoi bik dhiët ku wëu keen yen luui aa bẽn tẽn Amathöm ẽ Pialguop NSW

Lëk tõu athör kën yic a cẽ gõt ka ye kë lëk koc path ku cĩn dẽd lëu bĩ raan looi yeen. Aguir ẽ FPNPNSW a cẽ kë riëec ebën guir rin bẽ lëk kën ya lëk la cök ku tẽu nyien kool wäär gët yeen. Na lëj raan dieer alon tẽ deen bĩ yen dhiët thĩn wälã alon tẽ deen bĩ yen pial thĩn tẽ tẽec yen ke moc/tik, ka yeen apath bẽ la tẽn akiem de bẽ yeen la wëet ku kony yeen; tẽdã ka lëu bẽ la Panakim ẽ Guiër Macthok.

Beeric: Pendhẽtem 2014/FPNSW 06/14

## 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](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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