

The outside ring will rest against the outer lips of your vagina, this partially protects your external sex organs and covers the base of your partner's penis.



Step 7: During Intercourse

- Use your hand to guide your partner's penis into the vagina.
- You may have to hold the outer ring in place while guiding his penis inside the condom. Once his penis is inside the condom, you do not have to continue holding the outer ring.
- Make sure his penis is not between the condom and the vagina wall (outside of the condom).
- If the outer ring has been pushed into your vagina, remove the condom and use a new condom.

Do not use a female condom and a male condom at the same time!

Step 8: After Intercourse

- To remove the female condom, hold the outer ring and twist it to keep the semen inside. It's best to do this before standing up.
- Gently pull the condom out and throw it away in a trash can.



- Female condoms **cannot** be flushed down the toilet.

Remember:

To help reduce your risk of pregnancy, transmission of an STI/HIV, use a new condom every time you have sex. Condoms (male or female) can only be used once and should never be reused.

Female condoms are latex-free and are a great option for people with a latex sensitivity.

For more information about safer sex practices, visit:

<http://www.bphc.org/whatwedo/sexual-health/Pages/Sexual-Health.aspx>

How to use a Female Condom



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The female condom, if used correctly every time you have sex, can help prevent pregnancy, HIV and other sexually transmitted infections (STIs).

Step 1: Check expiration date

- The expiration date is stamped on the side of the packet.
- Never use an expired condom.

Step 2: Spread the lubrication evenly

- Rub the outside of the pouch to be sure the lubrication is evenly spread inside the pouch from the bottom to the top.

Step 3: Open the packet

- Tear straight down from the arrow at the top and remove the condom.



- Do not use scissors, a knife or your teeth to open the packet.
- Look at the condom closely to make sure it is not damaged.

The female condom consists of an outer ring and an inner ring at the bottom (closed-end of the pouch).



Step 4: Prepare the condom to be inserted

- Hold the inner ring between your thumb and forefinger.
- Squeeze the sides of the inner ring together to form a point (as if holding a pencil).



Step 5: Find a comfortable position

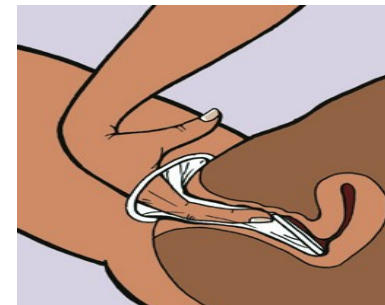
- The female condom can be inserted while standing, sitting, squatting or lying down. Find the position that is the most comfortable for you.

Step 6: Insert female condom

- Feel for the outer lips of your vagina and spread them with your hand.
- Still squeezing the inner ring of the female condom with the other hand, insert the condom as if it was a tampon.



- To push the rest of the condom inside, slide your index finger or middle finger inside the condom and push the inner ring in your vagina as far as possible.



- Make sure the condom is not twisted and lies smoothly against your vaginal wall.