

HOW TO USE A FEMALE CONDOM



STEP 1:

Check the expiration date and ensure the packaging is intact and air is present in the sachet. Use both hands to open the packet. Do not use your teeth.



STEP 2:

The thick, inner ring with the closed end is to be placed into the vagina and holds the condom in place. The thin, outer ring remains outside the body, covering the vaginal opening.



STEP 3:

When in a comfortable position, hold the exterior of the condom at the closed end, squeeze the sides of the inner ring with your thumb and forefinger, and insert it into the vagina. It is similar to inserting a tampon.



STEP 4:

Using your finger, push the inner ring in as far as it will go until it rests against the cervix. The condom will expand, and you may not feel it.



STEP 5:

Ensure the condom is not twisted. The thin, outer ring should remain outside the vagina.



STEP 6:

Guide the penis into the opening of the female condom. Stop having intercourse if you feel the penis slip between the condom and the vaginal wall or if the outer ring gets pushed into the vagina.



STEP 7:

To remove the condom, gently twist the outer ring, and pull it out of the vagina.



STEP 8:

Dispose of the condom properly. **NEVER RE-USE CONDOMS.**

