

## USE OF A FEMALE CONDOM

**Insert the condom into the vagina before sexual contact to assist in the prevention of sexually transmitted infection and pregnancy.**

Open the package; handling carefully to avoid tearing the condom.

1. Squeeze the flexible inner ring at the closed end of the sheath.
2. Gently insert the inner ring into the vagina.
3. Place the index finger on the inside of the condom, and push the inner ring up as far as it will go.
4. Be sure the sheath is not twisted. The outer ring should remain on the outside of the vagina.

Guide the penis into the sheath's opening - be sure that the penis is not entering on the side, between the vagina wall and the sheath.

If the condom moves out of place during sex, lubrication can be used either on the inside of the condom or on the penis.

5. To remove the condom, twist the outer ring and gently pull the condom out to avoid spilling the semen.
6. Dispose of the condom in the garbage (not in the toilet). Use only once.

**Using a condom makes sex safer for both you and your partner.**

