What’s Your Pleasure?

How to use the Female Condom
How to Use a Female Condom

Before Sex

1. Open package carefully.
2. Unroll the condom.
3. Rub the sides together to spread the lubricant.
4. Squeeze the inner ring at the closed end between your thumb and middle finger.
5. Choose a comfortable position. Squat, raise one leg, sit, or lie down.
• Gently insert the inner ring into the vagina.
• Once the condom is inside your vagina, use a finger to push the inner ring up as far as it will go.
• The inner ring will sit above your pubic bone. It should feel comfortable.
• Make sure the outer ring is outside the vagina and the condom is not twisted.

• Add a few drops of lubricant to the penis or to the inside of condom.
• Guide penis inside condom.

After Sex

• To remove the condom, twist the outer ring to keep the semen inside.
• Pull the condom out gently.
• Throw away condom in the trash.
Tips for Using the Female Condom

• Never use a female condom and a male condom at the same time.

• Use a new female condom each time you have sex.

• **Practice makes perfect!** Practice putting in and removing a female condom a few times on your own before using it with a partner.

• When you open the package or insert the condom, be careful not to tear it. If the female condom breaks or tears, use a new one.

• A female condom may be inserted up to 8 hours before intercourse.

• **More lubricant solves most problems!** Add 2 to 4 drops of lubricant to the inside of the condom or to the penis if:
  - The condom clings to the penis
  - The condom moves up and down inside the vagina
  - The condom makes noise
  - The outer ring gets pushed inside the vagina

• You can use any kind of lubricant (water or oil-based).