

How to Use an Internal Condom

1 BEFORE SEX

Carefully open and remove the condom from package to prevent tearing.



2 BEFORE SEX

The thick, inner ring with closed end is used for placing in the vagina and holds condom in place. The thin, outer ring remains outside of body, covering vaginal opening.



3 BEFORE SEX

Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina.



4 BEFORE SEX

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



5 BEFORE SEX

Be sure condom is not twisted. The thin outer ring should remain outside vagina.



6 DURING SEX

Guide partner's penis into opening of the condom. Stop intercourse if you feel penis slip between condom and walls of vagina or if outer ring is pushed into vagina.



7 AFTER SEX

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



8 AFTER SEX

Throw away the condom in trash after using it one time. Do not reuse.



Internal Condoms Dos & Don'ts!

DOs

- DO use a female (internal) condom from start to finish, every time you have vaginal or anal sex.
- DO read the condom package insert and check the expiration date.
- DO make sure there are no tears or defects.
- DO use lubricant to help prevent the condom from slipping and tearing.
- DO store condoms in a cool, dry place.

DON'Ts

- DON'T use a male (external) condom with a female (internal) condom, as this can cause tearing.
- DON'T reuse a condom.
- DON'T flush condoms, as they may clog the toilet.