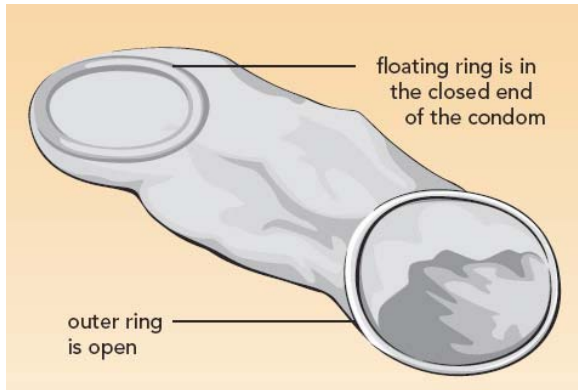


## What You Need To Know About Female AKA Insertive Condoms...

### How to Use a Female Condom



#### 1 Before having sex...

- Talk to your partner about using a condom.
- Buy a female condom.
- Check the expiration date. Do not use an expired one!
- Carefully tear at the top right of the package. Never use scissors or your teeth.

#### 2

##### When you are wet...

- Get into a comfortable position: sit, squat, lie down or raise one leg.
- Add extra lubrication inside condom so it will stay in place during sex.
- Grab the inner floating ring and squeeze it with the thumb and pointer finger.
- Take one hand and spread out the lips of your vagina.
- Put the pointer finger of your other hand in the condom push the inner ring in your vagina as far as it will go. You can also use a sex toy to insert the condom.
- Make sure the condom is not twisted. The outer ring should be sticking outside of the vagina.
- Hold onto the outer ring while having sex to make sure the condom doesn't get pushed into the vagina.



#### 3

##### After sex while you are lying Down

- Twist the outer ring and carefully pull it out.
- Put it in the wrapper and throw away, but don't flush — toilet will get clogged.
- Use a new condom for every act of vaginal and anal intercourse.

### A Word About the Female Condom...

- ✦ Is also called the “insertive condom” because it is used internally.
- ✦ Can be used in the anus. The ring can be taken out or left in for prostate stimulation.
- ✦ Can be used by people with latex allergies because it is made out of polyurethane.
- ✦ During vaginal sex, the outside ring rubs against the clitoris. This can make having an orgasm easier.