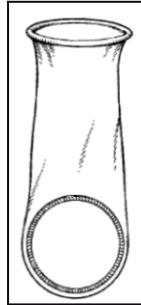


How to Use a Female Condom

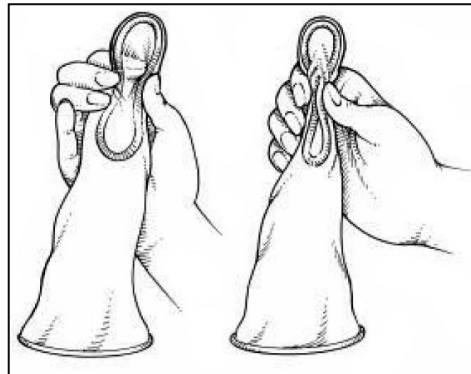
1. Use a new female condom for each act of sex.

- Check package for the date and damage.
- If possible, wash hands with mild soap and clean water.

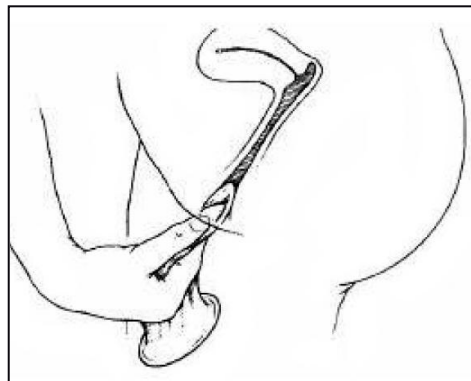


2. Insert condom before any physical contact.

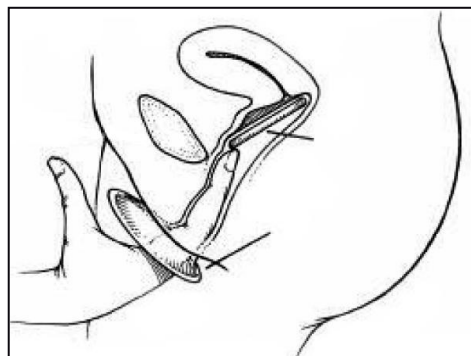
- Can insert up to 8 hours before sex
- Hold ring at closed end and squeeze it.



- Insert ring into vagina as far as it will go.

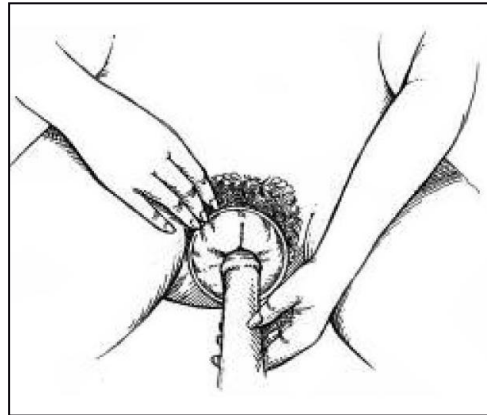


- Insert a finger to push condom into place.

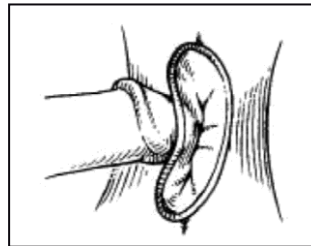


3. Ensure that penis enters inside of condom and stays inside it!

Do this →

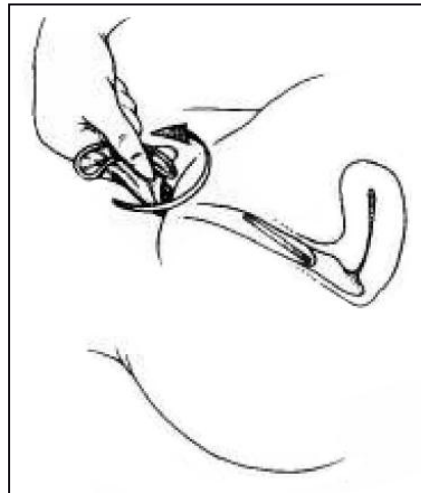


Not this! →



4. After the man withdraws his penis, hold outer ring, twist to seal in fluids, and gently pull condom out.

- The female condom does not need to be removed immediately after sex
- Remove the condom before standing up, to avoid spilling semen.



5. Dispose of used condom safely.



Illustrations credits: Female Health Foundation (adapted); Rafael Avila