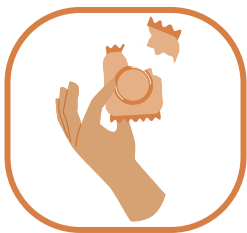


# A Step-by-Step Guide on: How to use an Internal Condom



## CHECK EXPIRATION DATE

To locate the expiration date, lift the seam of the condom wrapper.



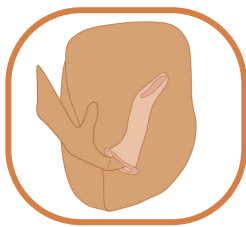
## OPEN PACKAGE CAREFULLY

Carefully open & remove condom from package to prevent damage.



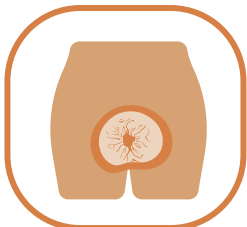
## PREPARE CONDOM

Hold condom with open end hanging down. Squeeze inner ring with your thumb & index finger.



## INSERT CONDOM VERY GENTLY

With the other hand, spread vagina or rectum open to insert the condom. Add lubricant if needed. While still squeezing use index finger gently to push condom inside the opening as far as you can.



## DURING SEXUAL INTERCOURSE

The outer ring should lay against the body & should not be twisted. Movement from side to side of the outer ring is normal. If properly inserted, there should be no discomfort.



## REMOVE & DISPOSE CONDOM CAREFULLY

To remove, gently twist outer ring & pull condom out of body. Throw away the condom in trash. Do not reuse.

