

Female Condom Dos and Don't's

DO use a female condom from start to finish, every time you have vaginal 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 female condoms at room temperature.

**Female condoms can also be used for anal sex.*

DON'T use a male condom with a female condom, as this can cause tearing.

DON'T reuse a female condom.

DON'T flush female condoms as they may clog the toilet.



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To learn more about the WECHU's services, please call the Infectious Disease Prevention department at **519-258-2146 ext. 1420** or visit our website at:
www.wechu.org/your-health/sexual-health

HOW TO USE A FEMALE CONDOM

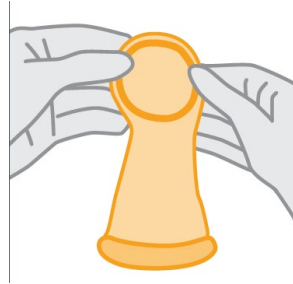
STEP 1

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



STEP 2

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



STEP 3

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



It is like inserting a tampon.

STEP 4

Using your finger, push inner ring as far up as it will go – near the pubic bone. The condom will expand naturally, and you may not feel it.



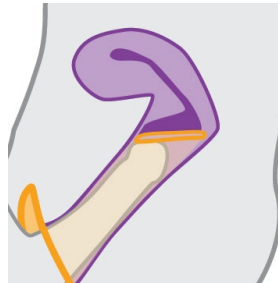
STEP 5

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



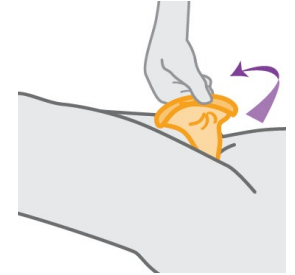
STEP 6

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



STEP 7

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



STEP 8

Throw away the female condom in trash after using it one time.

