This document contains sexually graphic images and may not be suitable for some audiences.

The Right Way To Use A Female* Condom

Female Condom Dos and Don'ts

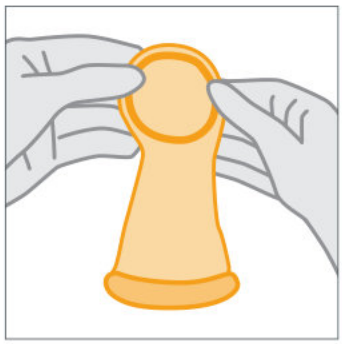
- **DO** use a condom from start to finish, every time you have vaginal sex.**
- **DO** read the condom package insert and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** use lubricant to help prevent the condom from slipping and tearing.
- **DO** store condoms in a cool, dry place.
- **DON'T** use a male condom with a female condom, as this can cause tearing.
- **DON'T** reuse condoms.
- **DON'T** flush condoms as they may clog the toilet.

** Sometimes called an internal condom.*

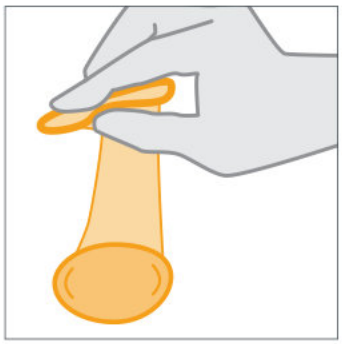
*** Female condoms can also be used for anal sex and follow the same general guidelines as those for vaginal sex outlined below.*

How To Insert and Remove a Female Condom

Carefully open and remove condom from package to prevent tearing.

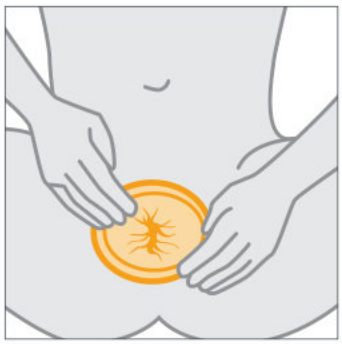


The thick, inner ring with closed end is used for placing in the vagina and holds condom in place. The thin, outer ring remains outside of body, covering vaginal opening.

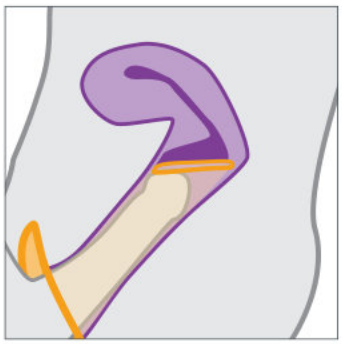


Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina. It is similar to inserting a tampon.

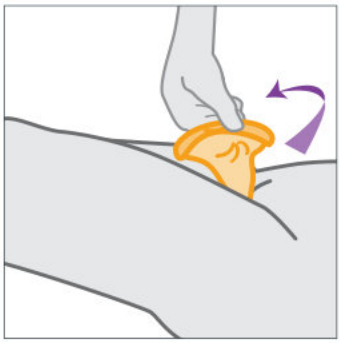
Using your finger, push inner ring as far up as it will go until it rests against cervix. The condom will expand naturally and you may not feel it.



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



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



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

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

For more information please visit
www.cdc.gov/condomeffectiveness