



How To Use External Condom

- Use a new condom for every sexual intercourse.
- Tear open package carefully. Do not use fingernails, teeth, scissors or anything that can damage the condom.
- Place the condom on the tip of the hard penis. If uncircumcised, pull back the foreskin first.
- Pinch the air out of the tip of the condom. While holding the tip, unroll the condom all the way down the penis.
- After sex but before pulling out, hold the bottom of the condom and carefully pull out the penis.
- Carefully remove the condom and throw it in the trash.