



## **How To Use Internal 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.
- find a comfortable position. Try with knees apart, or squat down.
- While holding the condom at the closed end, squeeze the sides of the inner ring together and insert it into the vagina or anus.
- Use your finger to push the inner ring up until it rests against the cervix in the vagina or as far into the anus as it can go.
- Be sure the condom is not twisted. The thin, outer ring should remain outside the vagina or anus.
- Guide your partner's penis into the opening of the condom.
- After sex, gently twist the outer ring and pull the condom out.
- Carefully throw the condom in the trash after using it one time.