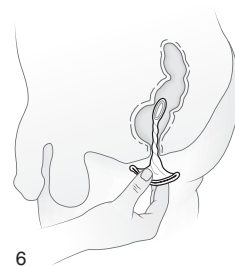
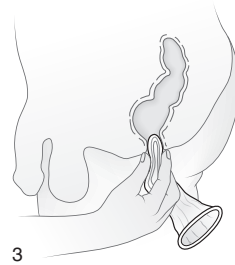
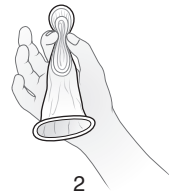

Appendix E

How to Put on a Female Condom (For Anal Sex)

These are provisional guidelines for using the female condom for anal sex. The female condom was not originally designed for anal sex, and more research is needed to determine the safety, effectiveness, or acceptability of the female condom for anal sex.

1. Carefully open package to avoid tearing.
2. At the closed end of the condom, squeeze the flexible inner ring between your thumb and second or middle finger so that the ring becomes long and narrow.
3. Gently insert the inner ring into the anal opening.
4. With your index finger inside the condom, push the inner ring up the anal cavity (for maximum protection, the inner ring should be inserted past the sphincter muscle). Be sure the condom is not twisted. When inserted properly, about one inch of the outer ring of the condom will hang out of the anal opening.
5. Add more lubricant to inside of condom or to the penis or sex toy. The female condom is made of polyurethane and therefore can be used with any kind of lubricant.
6. To remove the condom, squeeze and twist the outer ring and gently pull the condom out.
7. Wrap the condom in the package or tissue, and throw it in the garbage. Do not put it into the toilet.



Additional Notes

- It is recommended that you practice placing and removing the condom a few times before using it for the first time during sexual intercourse.
- Extra lubrication is strongly recommended.
- Make sure that the penis or sex toy enters *inside* the center of the condom and is *not* underneath or beside the condom.
- You may feel the condom slipping up and down in the anal cavity, riding on the penis. This is normal as long as the outer ring does not get pushed into the anal cavity. If this happens, stop immediately, remove and discard the condom, and insert a new one.
- Do not use the male and female condoms at the same time.
- Another way to use the female condom for anal sex is for the insertive partner to wear it like a male condom. 1) Add extra lubricant inside the female condom. 2) Place the condom over the penis. 3) Add extra lubricant on the outside of the condom.