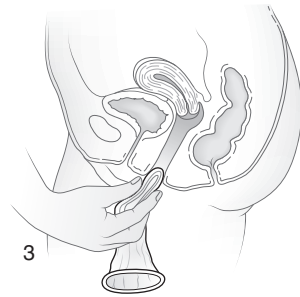

Appendix D

How to Put on a Female Condom (For Vaginal 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 vagina.
4. With your index finger inside the condom, push the inner ring up as far as it will go. Be sure the condom is not twisted. When inserted properly, the outer ring of the condom will remain on the outside of the vagina.
5. Add 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. Remove the condom before standing up to avoid spillage.
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 female condom a few times before using it for the first time during sexual intercourse.
- Make sure that the penis or sex toy enters *inside* the center of the condom and *not* on the side, between the condom and the vaginal wall.
- You may notice that the condom moves around during sex. This is normal.
- Do not use the male and female condoms at the same time.