How to Use a Female Condom

1. Use a new female condom for each act of sex.
   • Check package for the date and damage.
   • If possible, wash hands with mild soap and clean water.

2. Insert condom before any physical contact.
   • Can insert up to 8 hours before sex
   • Hold ring at closed end and squeeze it.

   • Insert ring into vagina as far as it will go.

   • Insert a finger to push condom into place.
3. Ensure that penis enters inside of condom and stays inside it!

Do this

Not this!

4. After the man withdraws his penis, hold outer ring, twist to seal in fluids, and gently pull condom out.

- The female condom does not need to be removed immediately after sex
- Remove the condom before standing up, to avoid spilling semen.

5. Dispose of used condom safely.

Illustrations credits: Female Health Foundation (adapted); Rafael Avila