

## How to use a female condom



Make sure that the condom is in date (most condoms have an expiry date)



Check that the condom has been given a BSI kitemark or CE mark - this shows that the condom is of a good standard



Carefully remove the female condom from its packaging, taking care not to tear it



Place the closed end of the condom into the vagina, holding the soft inner ring between your forefinger or middle finger and thumb

Use your hand to separate the folds of skin (labia) around the vagina, and then put the squeezed ring into the vagina



Put your index or middle finger or both in the open end of the condom until the inner ring can be felt and push the condom as far up the vagina as possible, with the outer ring lying against the outside of the vagina

The outer ring of the condom should rest closely on the outside of the vagina at all times during sex – if the outer ring gets pushed inside the vagina, stop and put it back in the right place

Make sure that the penis enters the condom – take care to ensure that the penis does not go between the condom and the wall of the vagina



Immediately after sex, slightly twist and pull the end of the condom to remove it, taking care not to spill any sperm inside the vagina.

If this happens, you will need to seek advice about emergency contraception from your GP, pharmacist or at a sexual health service