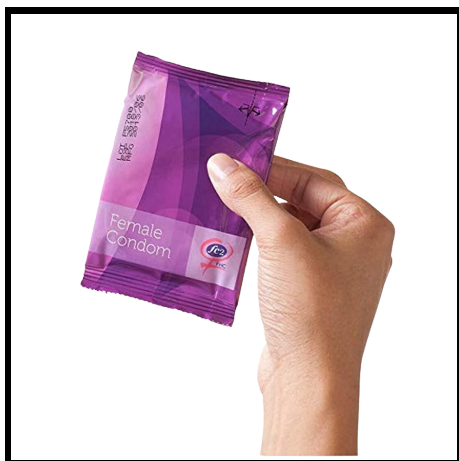


How to use an internal condom for vaginal sex



You and your partner both agree to have sex and use an internal condom.



Get an internal condom. Check the expiry date.



Check the packet is sealed and undamaged.



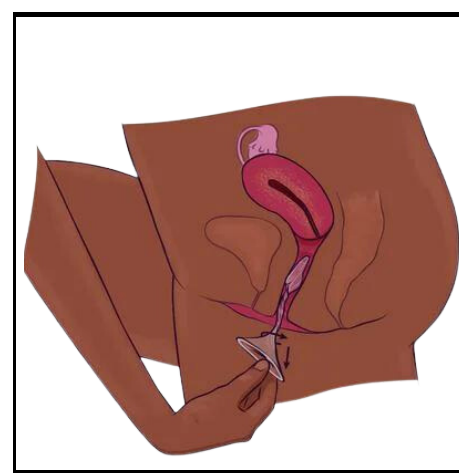
Carefully open the packet with your hands.



Check the condom has no tears.



Ensure the condom is the right way up and prepare to insert.



Insert the condom into the vagina by squeezing the top plastic ring between your thumb and forefinger (like inserting a tampon). The outer ring should stay at the opening of the vulva.



Insert the penis, sex toy or hand into the condom.



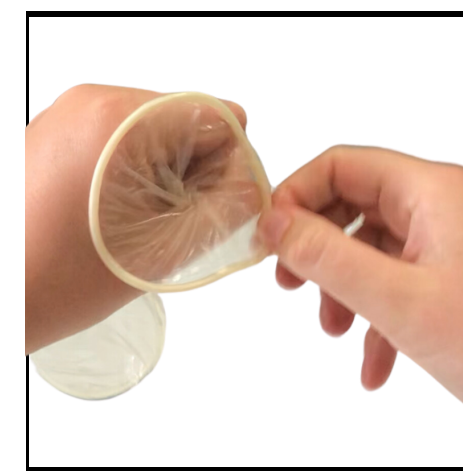
Have sex!



Once you're done, hold the outer ring in place with your hand.



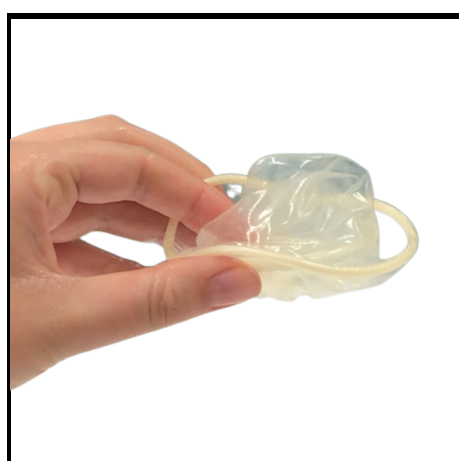
While holding the condom in place, remove the penis, hand or sex toy from the condom.



Twist the opening of the condom closed to avoid spilling any ejaculate.



Pinch the opening of the condom to keep it closed, then gently pull the condom out.



Fold the condom in on itself so it remains twisted and does not spill.



Throw the condom in the bin.