

How to use an internal condom for safer vaginal sex



Reasons people use internal condoms

- The internal condom (a.k.a. female condom or femidom) helps prevent sexually transmitted infections (STIs), blood borne viruses (BBVs), and unintended pregnancy.
- The internal condom gives women and people with vaginas agency to choose their own barrier method.
- Some people may prefer the feeling of an internal condom compared to a traditional condom.
- Some people or their partner may struggle to maintain an erection, and prefer to use an internal condom. Unlike a traditional condom, an internal condom does not need to be replaced each time the penis goes soft.
- Some may want to try something new and switch things up.

Note

Condoms are a single use item. Change your condom if:

- You put the condom on a penis the wrong way
- Are having sex with multiple people
- Are inserting the penis / toy into different body parts (vagina/anus/mouth)



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STEP 1



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

STEP 2



Get an internal condom.
Check the expiry date.

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STEP 3



Check the packet is sealed and undamaged.

STEP 4



Carefully open the packet with your hands.

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STEP 5



Check the condom has no tears.

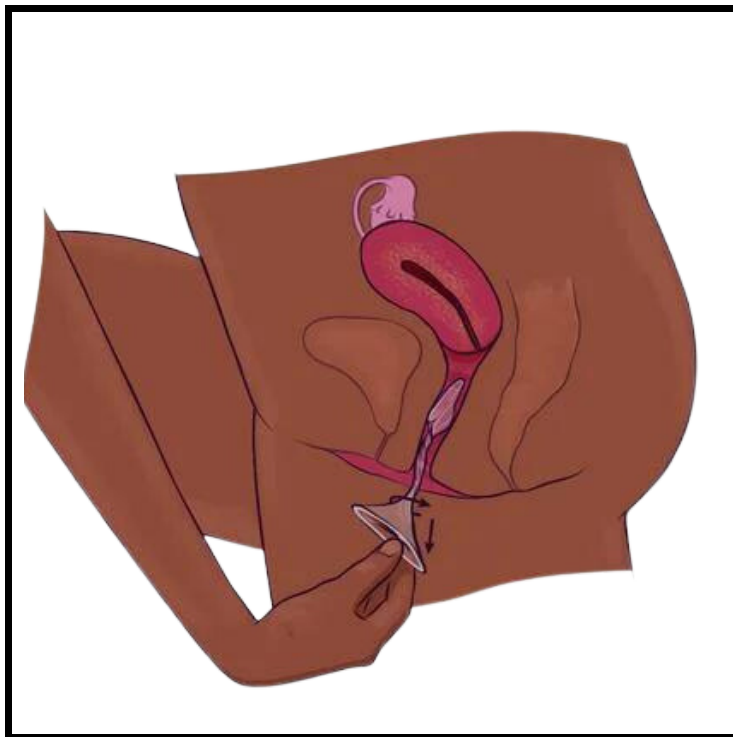
STEP 6



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

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STEP 7



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.

STEP 8



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

TIP: Use water based lube with an internal condom to increase pleasure!

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STEP 9



Have sex!

STEP 10



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

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STEP 11



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

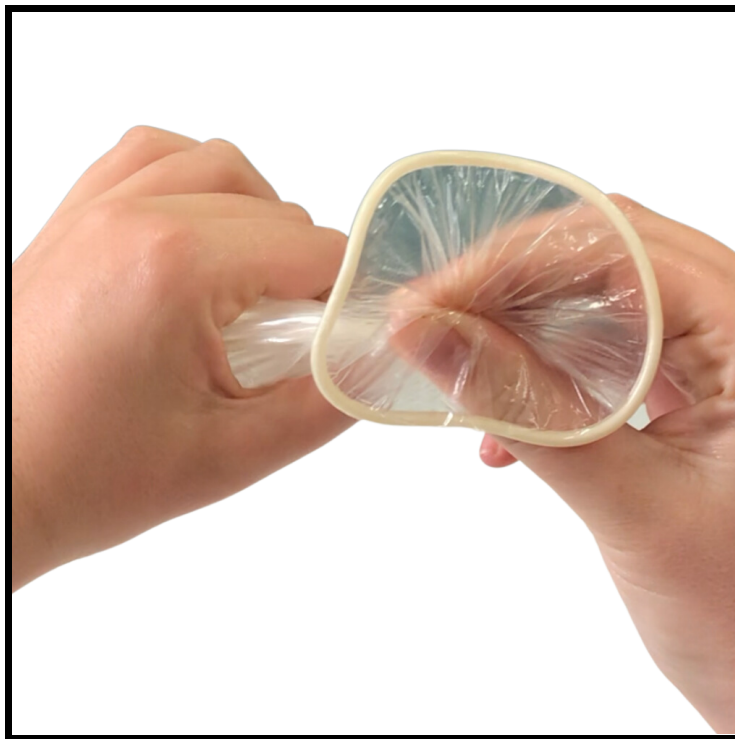
STEP 12



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

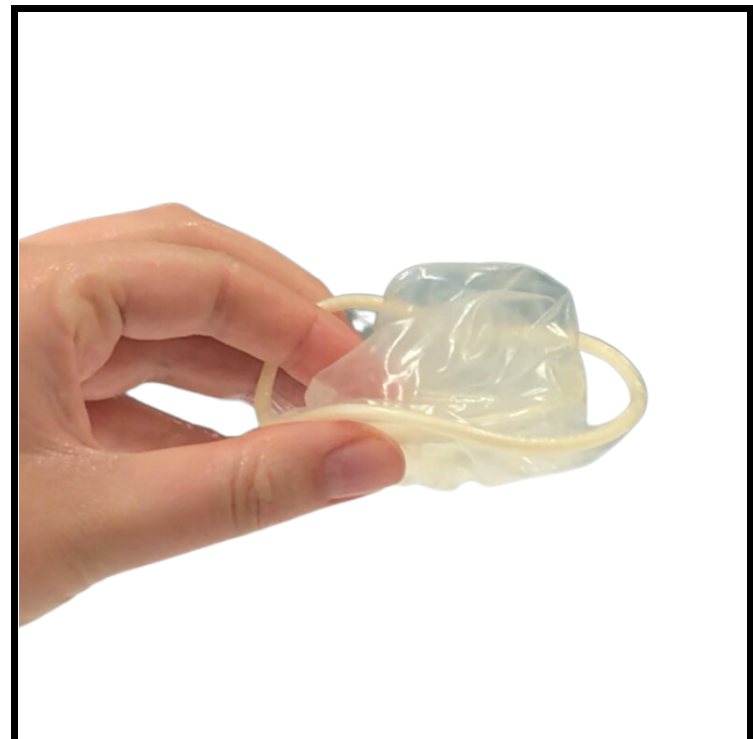
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STEP 13



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

STEP 14



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

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STEP 15



Throw the condom in the bin.