

Femidoms: Female condom



The female condom is designed to line the vagina. It has two soft rings to keep it in place. One goes inside the vagina/anus and the other sits on the outside of the vagina/anus. It is easy to use – but you may want to ask the clinic nurse to show you how to use it first. It is made from polyurethane so it's safe to use with oil based lubricants. Gay men also use these for anal sex.

Step 1: Before using the condom, rub it between your fingers to spread the lubrication evenly.

Step 2: There are two rings: squeeze the inner ring and insert into the vagina/anus as high up as possible, leaving the outer ring on the outside of the vagina/anus.

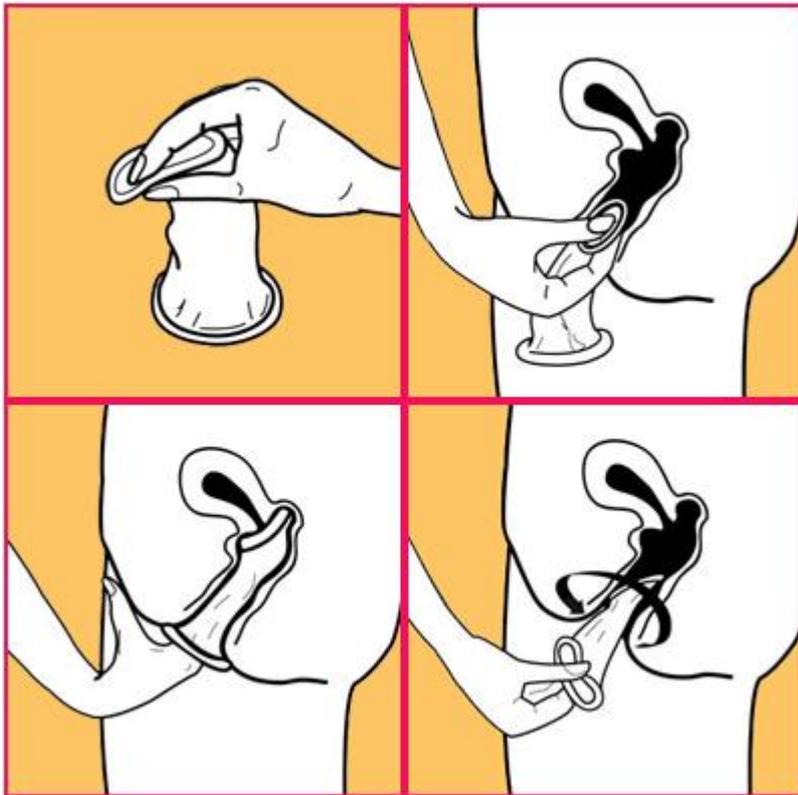
Step 3: Put your index finger inside the condom and feel for the inner ring. Make sure the condom is not twisted and that the inner ring is up as far as it can go.

Step 4: Guide the erect penis into the femidom. Making sure the outer ring is not pushed up inside the vagina/anus (best to hold onto outer ring).

Step 5: You are now ready to have sex.....

Step 6: After sex remove the condom before standing up, by squeezing and twisting the outer ring and gently pulling the condom out of the vagina.

Step 7: Dispose of the condom by wrapping in a tissue and throwing in the household rubbish. Do not throw down the toilet as they can cause blockages.



Femidoms (Comidoms)



Some gay men like to use the female condom for anal sex. It comes with two soft rings an inner and out. The inner ring is first removed. It is made from polyurethane so it's safe to use with oil based lubricants.

Step 1: Before using the condom, rub it between your fingers to spread the lubrication evenly.

Step 2: There are two rings: remove the inner ring and discard.

Step 3: The active partner inserts his erect penis into the comidom grasping the external ring with one hand.

Step 4: Guide the erect penis covered by the condom into your partner's anus whilst holding onto to the outer ring which then lies on the outside of your partner's bottom.

Step 5: You are now ready to have sex.....

Step 6: After sex withdraw your penis whilst holding onto the ring. Remove condom from penis and twist to seal contents.

Step 7: Dispose of the condom by wrapping in a tissue and throwing in the household rubbish. Do not throw down the toilet as they can cause blockages.
