

HOW TO USE A FEMIDOM



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Get into a comfortable position before you insert the Femidom.

Ensure the Femidom hasn't passed its expiry date and has a "CE" or 'kite mark' on the packet.

Open the packet carefully.

Use a new Femidom each time and for each partner.

Ensure the Femidom is positioned correctly at all times during sexual activity - with the inner ring high up in the vagina and the outer ring on the outside of the vagina.

If necessary, apply extra lubricant either to the inside of the Femidom or directly onto the penis.

Dispose of Femidoms by wrapping them in tissue and placing them in a bin.

1. SQUEEZE THE INNER RING.



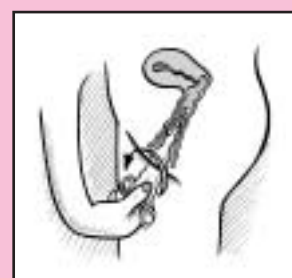
2. SPREAD THE FOLDS OF SKIN AROUND THE OPENING TO THE VAGINA WITH ONE HAND. WITH THE OTHER HAND, INSERT THE SQUEEZED RING HIGH INTO THE VAGINA.



3. ENSURE THE FEMIDOM REMAINS IN THE CORRECT POSITION DURING SEX.



4. TO REMOVE THE FEMIDOM, TWIST THE OUTER RING (TO KEEP THE SEMEN INSIDE) AND GENTLY PULL. DISPOSE OF THE FEMIDOM BY WRAPPING IT IN TISSUE AND PUTTING IT IN THE BIN.



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