

How to use an internal condom



Step 1:

Remove the condom from the package.

Next, squeeze the inner ring and insert it into the vagina or anus.



Step 2:

With your finger, push the inner ring up against the cervix or as far into the anus as it can go.



Step 3:

After sex, twist the outer ring, pull the condom out, and throw it in the trash.

