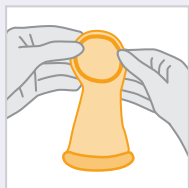


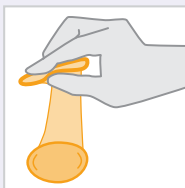
How to Use an Internal Condom for Vaginal or Anal Sex



Carefully open and remove condom from package to prevent tearing.



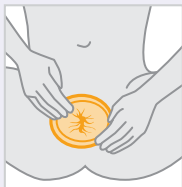
Use the inner ring on the closed end to place and hold condom in place. The outer ring remains outside of body, covering the opening.



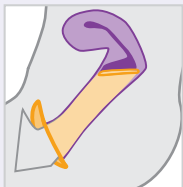
While holding the outside of the condom at the closed end, squeeze the sides of the ring together with your thumb and forefinger and insert it in the vagina or the anus.



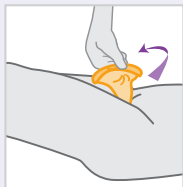
Using your finger, push inner ring as far up as it will go. The condom will expand naturally and you may not feel it.



Be sure condom is not twisted. The thin, outer ring should remain outside the body.



Guide partner's penis into opening of condom. Stop intercourse if you feel penis slip outside the condom.



To remove, gently twist outer ring and pull condom out.



Throw away condom in trash after using it one time. Do not reuse.



Scan the
QR code to
see video
instructions

Free STI/STD and HIV testing

Find a testing location near you at [gettested.cdc.gov](https://www.gettested.cdc.gov)

Order a free self-screening kit at [iwantthekit.org](https://www.iwantthekit.org).



Order a free HIV self-test kit at [iknowmine.org](https://www.iknowmine.org).

Questions about STIs or HIV?

Send your question to Ask Nurse Lisa at [iknowmine.org/ask-nurse-lisa](https://www.iknowmine.org/ask-nurse-lisa)



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Internal Condom Dos and Don'ts

- DO use a condom from start to finish, every time you have sex.***
- DO read the condom package insert and check the expiration date.
- DO make sure there are no tears or defects.
- DO use lubricant to help prevent the condom from slipping and tearing.
- DO store condoms in a cool, dry place.
- DON'T store condoms in places cooler than 32 degrees Fahrenheit.
- DON'T use an external condom* with a internal condom,* as this can cause tearing.
- DON'T reuse condoms.
- DON'T flush condoms as they may clog the toilet.

* Sometimes called a male condom.

** Sometimes called a female condom.

*** Internal condoms can also be used for anal sex and follow the same general guidelines as those for vaginal sex.

