

EXTERNAL CONDOM USE STEPS

STEP 1: Check the condom's expiration date and that the packaging is intact.

- Expiration is usually printed on the back of the wrapper.
- Gently squeeze the package to check there is a small pillow of air (to confirm the package isn't ripped or torn).

STEP 2: Carefully open the package.

- Avoid using anything sharp (e.g., teeth or scissors) to open the wrapper, so the condom doesn't tear or puncture.

STEP 3: Ensure the condom is right-side-up.

- Place it on your palm and see if it is shaped like a hat or baby bottle nipple. If it is shaped like a hat, it is right-side-up and can roll down when applied on a penis or sex toy.
- You may add lubricant to the inside of the condom at this time, if desired. Lubricant on the inside can help increase sensation for the person wearing it.

STEP 4: Pinch the tip of the condom and roll it down the penis or sex toy.

- Be sure to leave a little room at the tip (where you pinch), so there is room for ejaculate.
- Roll the condom all the way to the base of the penis or sex toy.
- You may add lubricant to the outside of the condom, if desired (adding lubricant to the outside can help prevent breaking).

STEP 5: When intercourse is done, remove the penis or sex toy from the partner's body.

- Hold the base of the condom in place, so it doesn't slip off during this step.

STEP 6: Carefully slide the condom up and off the penis or sex toy, holding it so that it does not spill.

- Moving slightly away from your partner can help prevent spilling the contents on them.

STEP 7: Wrap the condom up in a tissue or in the packaging it came in and dispose.

- Throw the condom away in the trash—do not flush. Condoms can clog plumbing.

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INTERNAL CONDOM USE STEPS

STEP 1: Check the condom's expiration date and that the packaging is intact.

- Expiration is usually printed in the fold on the side of the wrapper.
- Inspect the package to check there are no rips, tears, or punctures in the packaging.

STEP 2: Carefully open the package.

- Avoid using anything sharp (e.g., teeth or scissors) to open the wrapper, so the condom doesn't tear or puncture.

STEP 3: Locate the closed end of the condom.

- Inside the condom on the closed end, ensure there is a flexible ring inside.
- If desired, add lubricant to the outside of the condom.

STEP 4: Squeeze the flexible ring inside the closed end, and insert the condom into the vagina or anus.

- Push the ring far enough into the body so that the ring expands and feels securely in place.
- Note: If you're using the condom in the anus, some people prefer to remove the ring from inside the closed end of the condom to make it more comfortable.

STEP 5: Ensure the outer ring of the condom is outside the body.

- Spread it out so the ring and the condom material near the ring lay flat against the anus or the vulva.
- Internal condoms come pre-lubricated, but the user may choose to add lubricant to the penis or sex toy they are using before or during intercourse.

STEP 6: When intercourse is over, twist the outer ring to close the condom.

- Gently tug the condom to remove it.

STEP 7: Wrap the condom up in a tissue or in the packaging it came in and dispose.

- Throw the condom away in the trash—do not flush. Condoms can clog plumbing.

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