

## How To Use a Female Condom

Female condoms are soft, polyurethane (plastic) tubular sheaths that are inserted into the vagina prior to sexual intercourse. When used consistently and correctly, the female condom provides protection against both pregnancy and sexually transmitted infections (STIs), including HIV/AIDS. The inner ring, at the closed end of the condom, fits on the inside of the vagina and holds the condom in place during intercourse. The softer ring remains outside the vagina. Here are instructions on using the female condom:

1. Check the expiration date on the package.
2. Carefully open the package, remove the condom and find the closed end of the condom. Hold the inner ring at the closed end of the condom, and squeeze it together in the middle, forming a figure eight with the ring.
3. Find a comfortable position to insert the ring. Most women will do it lying on their back, squatting, or standing with one foot on a chair.
4. With your free hand, spread open the outer vaginal lips.
5. Holding the inner ring, push the ring up into the vagina as far as possible, past the pubic bone and covering the cervix.
6. Insert your index or middle finger into the condom, to insure it is in place. About one inch of the condom, including the outer ring, will remain outside your body.
7. Guide the penis into the condom. The outer ring should remain outside the vagina.
8. Be careful not to let the penis push the outer ring into the vagina. Also be sure that the penis enters the vagina in the condom and not on the side between the condom and the vaginal wall. If either of these happens, stop sex play immediately and readjust the ring.
9. To remove the condom, hold the outer ring and twist before you pull it out. This will prevent any fluid (semen) from spilling out.
10. Gently pull out the ring and throw it away in the trash – don't flush it down the toilet.

### Additional tips:

- It may help to practice inserting the female condom a few times before having intercourse so you can become comfortable using it.
- The female condom can be inserted up to 8 hours before intercourse.
- Before placing the penis into the condom, add water-based lubricant (e.g., KY Liquid, Wet, Astroglide, or Aqualube) onto the penis and/or to the inside of the condom to increase comfort and decrease noise.
- Each female condom can only be used once.
- Never use the female condom together with a male condom. Friction between the two could cause the male condom to slip off, or the female condom to be pushed inside the vagina.

**\*\*NOTE: Female condoms and lubrication are free and readily available at NYU.\*\***

**For more information, contact Health Promotion at (212) 443-1234 or email [health.promotion@nyu.edu](mailto:health.promotion@nyu.edu).**

Sources: How to Put On a Female Condom, <http://sexuality.about.com/od/contraception/ht/htfemalecondom.htm>;  
What is a female condom?, <http://www.goaskalice.columbia.edu/1837.html>