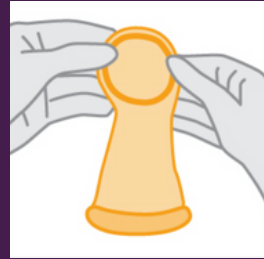


HOW TO INSERT AND REMOVE AN INTERNAL CONDOM



Check the expiration date on the package. Carefully open and remove internal condom from package to prevent tearing.



The thick, inner ring with closed end is used for placing in the vaginal opening and holds condom in place. The thin, outer ring remains outside of body, covering vaginal opening.



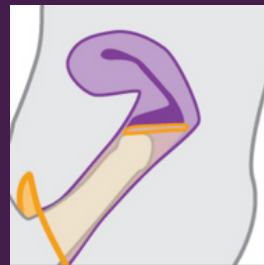
Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vaginal opening.



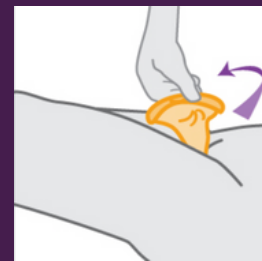
Using your finger, push inner ring as far up as it will go until it rests against cervix. The condom will expand naturally and you may not feel it.



Be sure condom is not twisted. The thin, outer ring should remain over the vulva.



Guide penis, toy, or phallus into opening of internal condom. Stop intercourse if you feel penis, toy, or phallus slip between condom and walls of vagina .



To remove, gently twist outer ring and pull internal condom out of vaginal opening.



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

