

<p>Still squeezing the condom, spread the lips (labia) and insert the squeezed ring.</p>	<p>Hold the pouch with the open end hanging down.</p>
<p>Before sex, make sure that the female condom is inserted straight (not twisted) into the vagina. The outside ring should lie against the outer lips. About one inch of the open end will stay outside the body.</p>	<p>Be sure the inner ring is at the bottom, closed end of the pouch.</p>
<p>Remove female condom by squeezing and twisting the outer ring to keep semen inside the pouch.</p>	<p>While holding the outside of the pouch, squeeze the sides of the inner ring together with your thumb and middle finger.</p>

<p>Rub the outside of the pouch together from the bottom to the top to evenly spread lubricant inside the pouch.</p>	<p>Place your index finger between your thumb and middle finger and keep squeezing the inner ring.</p>
<p>Throw into trashcan.</p>	<p>Check to make sure that the inner ring is up just past the pubic bone. About one inch of the open end will stay outside the body.</p>
<p>Pull the penis out gently.</p>	<p>Intercourse.</p>

<p>Now push the inner ring and the pouch the rest of the way up into the vagina with your finger.</p>	
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