

What is an **internal condom**?

The internal condom is made of thin, strong, and flexible plastic, with a ring at each end. It is made of nitrile, is safe for people with latex allergies, and contains silicone-based lubricant.

The internal condom is not affected by moisture or changes in body temperature, so it can be inserted up to two (2) hours before sexual activity and is 79% effective. It can also be used with sex toys.

Important

When used correctly during vaginal and/or anal sex, the internal condom helps prevent sexually transmitted infections (STIs) and pregnancy. Remember to use a new condom for each sexual act. Store in a cool, dry place. Avoid exposure to sunlight.



Access this digital version and other downloadable educational resources.

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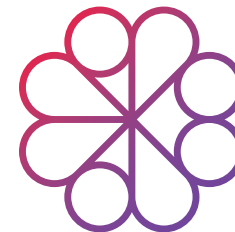
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**Internal
Condom**

How to use an internal condom?

1. Open the package and remove the condom



Check the expiration date

2. Fold the inner ring in half



For anal sex, the inner ring may be removed if desired

3. In a comfortable position, insert the ring into the vagina or anus



4. For vaginal sex, push the ring up to the cervix



5. Make sure the remaining portion of the condom covers the outside of the vulva or anus



6. After sex, twist the outer ring, slowly remove the condom from the vagina or anus, and dispose of it in the trash

