

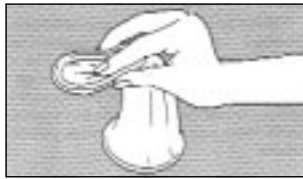
HOW DO YOU USE FEMIDOM?

If this is the first time you have tried FEMIDOM, you might find it useful to practice on your own.

Find a comfortable position; you may like to lie down, sit with your knees apart or stand with one foot up on a chair. Open the FEMIDOM sachet by tearing down from the notch and remove the product.



You will see that FEMIDOM is pre-lubricated. Be sure that the flexible inner ring is at the closed end of FEMIDOM. Squeeze the lower half of the inner ring between your thumb, index and middle fingers. This will give you a confident grip and narrows the inner ring to ease insertion - as shown in the diagram below.



With your other hand, spread the folds of skin (labia) around your vaginal opening. Insert the squeezed ring of FEMIDOM into the vagina and push inside as far as you can.



Then put your finger inside the sheath until you can feel the bottom of the inner ring. Now push the ring up into the vagina.



You can tell that it is in place when the inner ring is up just past the pubic bone. You can feel your pubic bone by curving your finger (towards your front) when it is a couple of inches inside your vagina.

The outer ring and a small part of the sheath will remain out-side your vagina. This is quite normal so don't worry,



neither you nor your partner should be aware of FEMIDOM in use.

WHAT HAPPENS DURING LOVEMAKING?

Because using FEMIDOM does not require your partner's penis to be hard, you can insert the sheath at any time during lovemaking, but before close genital contact. When you and your partner are ready for penetration, your partner's penis needs to be guided into the sheath and then you can begin to enjoy making love naturally. During lovemaking it is quite normal for FEMIDOM to move a little. This will not reduce your protection or enjoyment because the penis is still covered, and the semen will remain inside.

HOW DO YOU REMOVE FEMIDOM?

Because FEMIDOM lines the inside of your vagina, your partner doesn't have to withdraw immediately after climax. You can remove the sheath when it suits you both making sure that no sperm is spilt.

To remove FEMIDOM, twist the outer ring to keep the semen inside, then simply pull gently.



Replace the used sheath inside its sachet and throw it in a bin. **Do not dispose of FEMIDOM down the toilet.** If you feel like making love again use a fresh sheath.