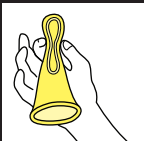


Check expiration date on wrapper. Open carefully along arrow on front. Do not use in combination with external condoms.



### METHOD ONE

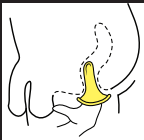
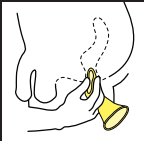
GET READY SOLO

- 1 Squeeze flexible inner ring between fingers so ring becomes long and narrow. (If removing inner ring for comfort, *Method 2* may be a better option.)
- 2 Gently insert the inner ring into your butt.
- 3 Push the condom in with fingers or sex toy.

Be sure the condom is not twisted. The outer ring of the condom should remain outside your butt about one inch.

Add lube to inside of condom or to your partner's penis.

Make sure your partner's penis enters the center of the condom.

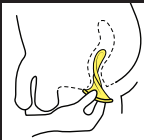


### METHOD TWO

Put the internal condom over your partner's erect penis or toy. Then lube up your butt and have him enter slowly.

### TO REMOVE

Squeeze and twist the outer ring and gently pull out.



If outer ring of the internal condom gets pushed inside, stop and remove immediately! Use a new one or switch to an external condom.

The FC2 condom is recommended by the American College of Physicians to prevent sexually transmitted infections (STIs) during anal sex.

