

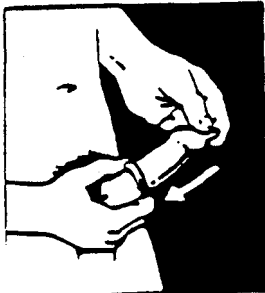
How to use the male condom-handout #3a



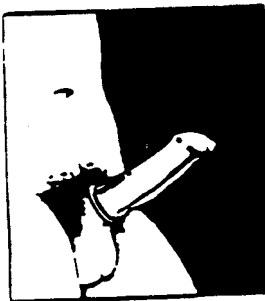
Carefully tear open package. Handle with care; don't cut with fingernails, teeth or other sharp objects.



Hold latex condom tip to squeeze out air to leave room for ejaculate. Put on end of erect penis.



Holding onto the tip, smooth on latex condom with fingers to keep out air bubbles.



Unroll latex condom all the way down penis shaft.

How to use the male condom-handout #3b

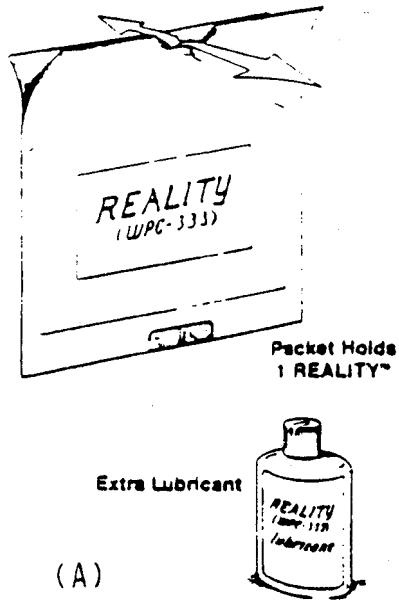
After ejaculation, or if erection begins to be lost, hold onto condom at base of penis and pullout while penis is still hard (erect).

Use each condom only one time. Throw condom away in trash; do not flush down the toilet.

Lubricants:

- ✓ Place spermicide inside the condom prior to putting the condom on.
- ✓ Water-based lubricants are best to use with all latex products.
- ✓ Oil-based lubricants cause latex to deteriorate and increase the possibility of condom to break.

How to use the female condom-handout #4a



(A)

Pull the two sides of the packet apart from center of top.

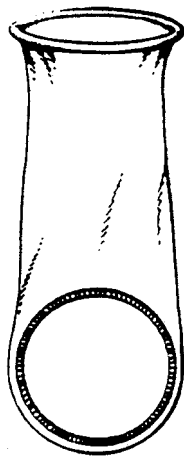
Take out Reality and look at it closely.

Careful do not tear female condom.

Spread lubricant evenly inside the pouch by rubbing the outside of the pouch together.

Add more lubricant, if you wish.

To insert



(B)

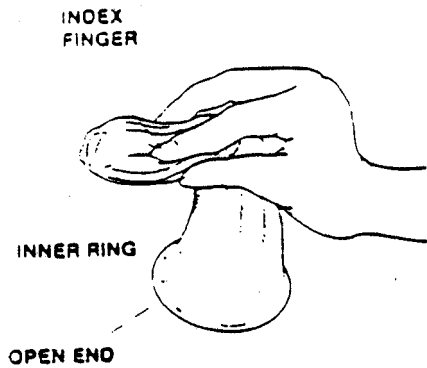
Find a comfortable position- stand with one foot on a chair, lie down with knees apart.

Be sure inner rim is at bottom closed end of pouch.

Add extra lubricant to closed-end outside ring for easier insertion.

How to use the female condom-handout #4b

To insert

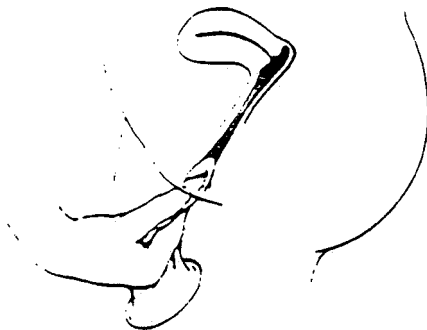


(C)

(C)

Hold pouch with open end hanging down. While holding the outside of the pouch, squeeze the inner ring with thumb and middle finger.

Place index finger between thumb and middle finger. Keep squeezing inner ring.

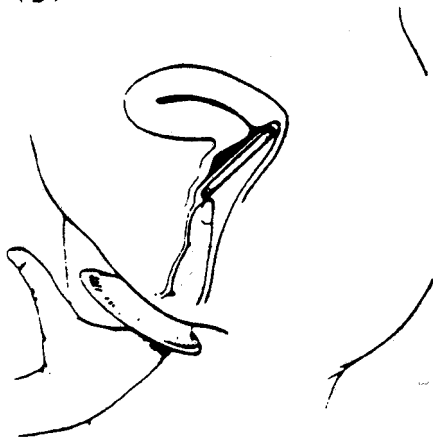


(D)

(D)

Still squeezing the ring with three fingers, spread vaginal lips with other hand.

Insert the squeezed Reality as shown in illustration D.



(E)

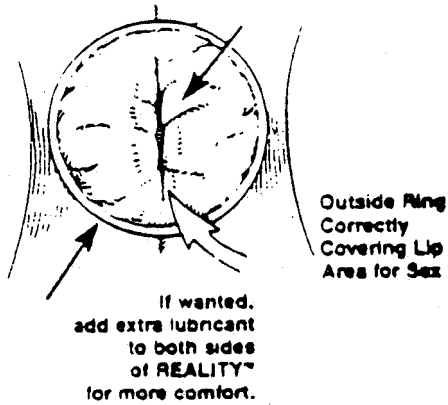
(E)

Now push inner ring and pouch up into vagina with index finger.

Check to be sure the inner ring is up past the pubic bone as illustrated in picture E.

How to use the female condom-handout #4c

Before intercourse...

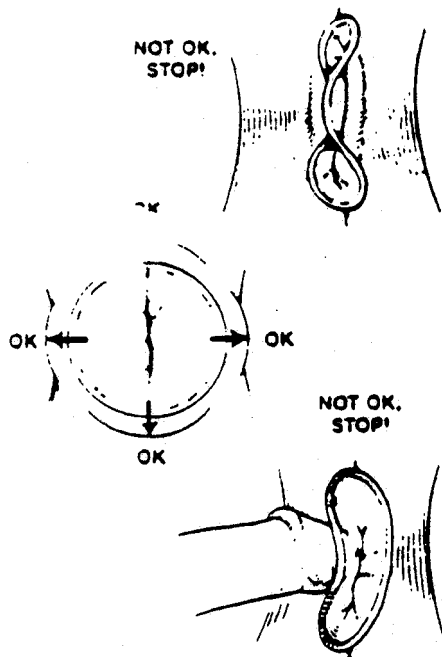


(F)

(F)

When ready for vaginal/penal intercourse, make sure female condom's outside ring lies against outer vaginal lips. Be sure sheath is straight- not twisted in the vaginal canal

During intercourse...



(G)

(G)

The female condom may move around during sex.

Side-to-side outer ring movement is normal.

The female condom may slip up and down inside the vagina. As long as the penis is covered this is OK.

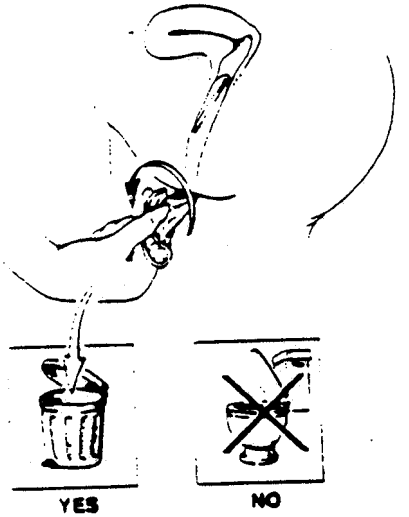
If outer ring gets pulled into the vagina, STOP!

If penis enters under or outside of the female condom, STOP!

Take female condom out, add extra lubricant, reinsert.

How to use the female condom-handout #4d

After intercourse...



(H)

(H)

to remove the female condom,
squeeze and twist the outer ring to
keep semen inside pouch.

Pull out gently.

Throw in a trash can.

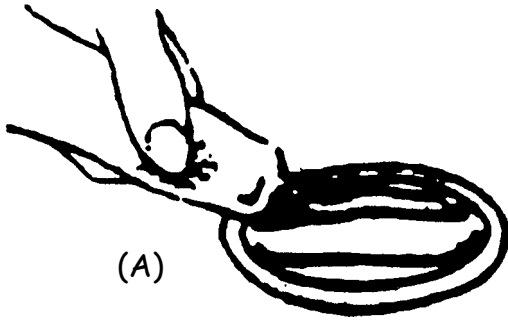
DO NOT FLUSH.

DO NOT REUSE.

How to use the diaphragm-handout #5a

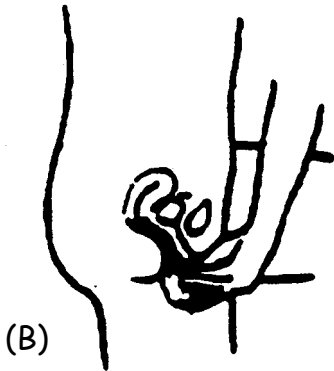
NOTE: The diaphragm must be prescribed by a health care provider. Must be fitted to the woman. A woman should never borrow a diaphragm prescribed and fitted for another woman.

INSERTION: CAN INSERT 2 HOURS PRIOR TO INTERCOURSE



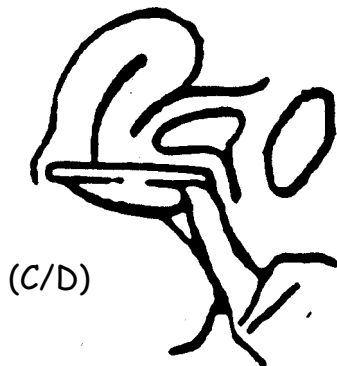
(A)

Apply a small amount of spermicide/lubricant around the inside rim, and in the cup of the diaphragm



(B)

Squeeze the sides of the diaphragm together. In a lying position or standing with one foot on a chair, gently insert the diaphragm all the way into the vaginal canal.



(C)

When the diaphragm is completely in the vaginal canal, push up against the front rim with the index finger until the rim rests snugly against the pubic bone

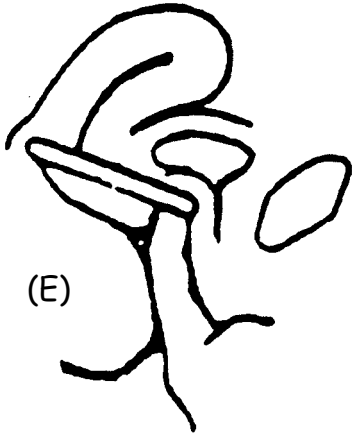
(D)

Additional lubricant/spermicide should be inserted into the vagina with each act of intercourse.

How to use the diaphragm-handout #5b

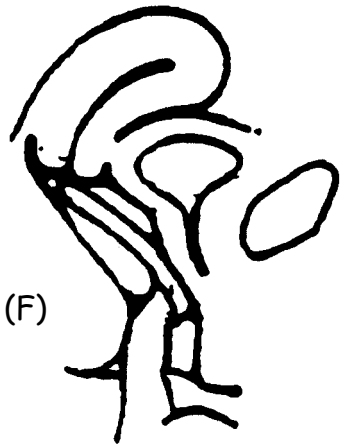
NOTE: The diaphragm must be prescribed by a health care provider. Must be fitted to the woman. A woman should never borrow a diaphragm prescribed and fitted for another woman.

REMOVAL...



(E)

After intercourse, (wait 6 to 8 hours) insert index finger into vaginal canal until contact is made with the front rim of the diaphragm.



(F)

Hook finger under rim of diaphragm and gently pull downward until diaphragm is removed from vaginal canal.

NOTE: Do not leave the diaphragm in place for more than 24 hours.

How to use the diaphragm-handout #5c

How to care for the diaphragm:

- ✓ After removal, wash diaphragm with warm soapy water
- ✓ Store diaphragm in its own container; keep away from heat. Store the container in a cool, dry place, away from sunlight and out of the air.
- ✓ Examine the diaphragm for tears or holes.
DO NOT USE DIAPHRAGM IF DEFECTIVE!
- ✓ Women who have had an abortion, pelvic surgery, given birth or have gain or lost weight must be refitted. Every year, a doctor should check to see that the diaphragm still fits right.

Lubricants:

- ✓ Water-based only
- ✓ Oil-based lubricants should never be used because the latex will deteriorate.