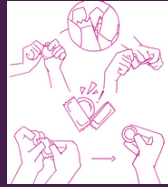


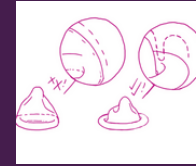
# How to Wear and Remove an External Condom



Check the expiration date and feel for air. If a condom is expired, it's less likely to be effective. Press on the condom package to make sure there's still air inside. Air inside means the condom packaging hasn't been damaged.



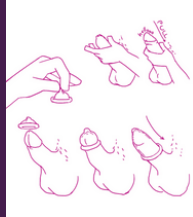
Open the condom package. Squeeze the condom to the bottom of the package, and tear the package across the top with your fingers. Practice doing this so that you don't tear the condom.



Check the rolling direction of the rim. A condom goes onto a penis/phallus or toy—it should roll down smoothly from the top. You shouldn't have to reach underneath a condom to unroll and pull it on.



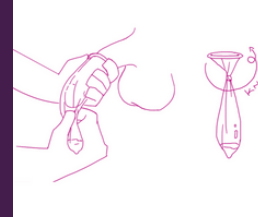
Lubricant can help increase pleasure and prevent condoms breaking. You can add lube to the outside of the condom or to the outside of the vulva or anus. Only use water-based lube with condoms. Other types of lube can break down the latex in the condoms.



Pinch the tip of the condom with one hand to leave room for ejaculate. With the other hand, roll the condom all the way down to the base of the phallus. If a penis has foreskin, gently pull it back before unrolling the condom. If a penis has foreskin, adding lube to the inside of the condom can also increase pleasure.



Squeeze out extra air. Pinch the tip again and use your other hand to run down the length of the phallus. This should push out any remaining air. You may want to add more lube to the outside of the condom for more pleasure.



Remove the condom and tie it up. To avoid slippage on a partner, pull out while penis is still erect and hold onto the base of condom. Remove the condom by rolling/pulling and tie into a knot like a balloon. Remove the condom away from your partner's genitals or anus.



Throw away the condom. When you are finished with it, place the condom in the trash. Don't flush condoms down the toilet. This will clog pipes. Use a new external condom for every sex act. Do not reuse condoms. Do not use the same external condom for oral, vaginal, and anal sex.

