



cube

the simple way to demonstrate
the use of female condoms

condoomanoniem.nl

Instruction Sheet



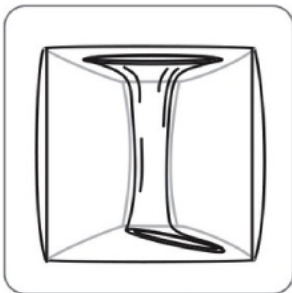
1. Inflate the flat packed O-Cube

Gently squeeze the valve with two fingers and blow air into the O-Cube. Inflate it to the point where it forms a cube (do not inflate it too hard until the sides begin to bulge! If so, release a bit of air by squeezing the base of the valve with two fingers until it forms a cube shape).



2. Insert the female condom

Squeeze together the inner ring of the female condom and insert it into the opening of the O-Cube. Once it's inserted, switch the position of your fingers to the INSIDE of the female condom and push the inner ring until it opens up in the space at the end of the tube.



3. Check the correct position

Check if the female condom is properly inserted. The inner ring should sit at the end of the tube (to cover the cervix in real life) and the outer ring should stay on the outside, covering the opening of the O-Cube (to cover the vulva in real life).



4. Take out the female condom

Hold the outer ring and twist it 3 times (to trap the semen in real life) and then pull it out.

To deflate the O-Cube, squeeze the base of the valve with two fingers of one hand and gently press out the air with the other hand.