



**cube**

the simple way to demonstrate  
the use of female condoms

## 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 FC2 Female Condom

Squeeze together the inner ring of the FC2 Female Condom until both sides touch (do not twist the ring into a figure 8!) 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 FC2 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 FC2 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 FC2 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.

**The Female Health Company**  
3 Western Avenue Business Park  
Mansfield Road Acton  
London W3 0BZ  
United Kingdom

[info@fc2femalecondom.com](mailto:info@fc2femalecondom.com)  
[www.fec2femalecondom.com](http://www.fec2femalecondom.com)