

# USING THE REALITY® CONDOM FOR ANAL AND VAGINAL SEX\*

Latex condoms are highly effective at preventing STDs, including HIV, if used properly. If you are not going to use a latex “male condom,” you can use the non-latex Reality® Condom (or “female condom”) to help protect yourself and your partners.

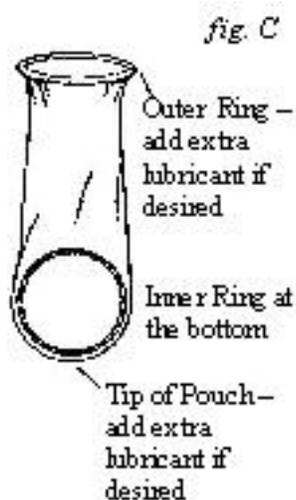
Before you try the Reality® Condom, be sure to read the directions and learn how to use it properly. If you have any further questions about the Reality® condom, call 800.274.6601.

## REALITY® FOR ANAL SEX

Some Important Points to Know

- The Reality Condom gives the Receptive Partner a way to protect against many STDs, including HIV. It can be inserted any time prior to sex and warms up on insertion.
- The polyurethane material used in the Reality Condom sheath is stronger than the latex used in conventional condoms, yet it is soft.
- The Reality Condom gives broader protection because it covers the outer area of the anus and the base of the penis during anal sex.
- The Reality Condom does not deteriorate when oil-based lubricants are used.

**Practice before you plan to actually use it**



Get familiar with the Reality Condom’s shape and look.

Be careful of sharp objects, like rings or sharp fingernails.

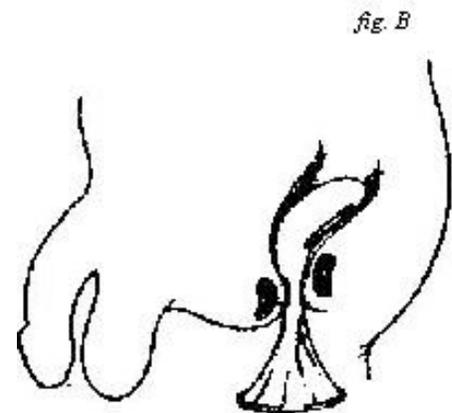
See how it hangs outside of the anus, lining the anal cavity.

Make sure you are comfortable inserting the Reality Condom before you use it in sex.

**Take out the Reality Condom and look at it closely.**

Be sure the lubrication is evenly spread inside the pouch from the bottom to the top by rubbing the

outside of the pouch together.



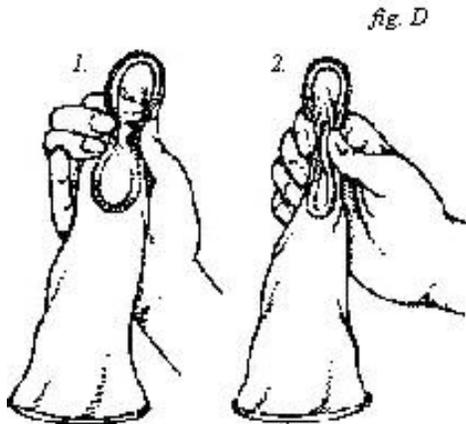
\* Adapted from The Phoenix Center, [www.phoenixcenter.net/reality.htm](http://www.phoenixcenter.net/reality.htm) 7/23/04

If you need to, add more lubricant. Simply give one quick squeeze of the extra lubricant provided. You can decide how much more you and your partner would like once you try it. You can also use oil-based lubricant, as long as you won't be using latex barriers for sex elsewhere on the body.

Be sure the inner-ring is at the bottom, closed-end of the pouch.

If you wish, add extra lubricant to the outside of the pouch for extra comfort when you insert the Reality Condom.

### How to hold the sheath



Hold the inner ring between thumb and middle finger. Put index finger on pouch between other two fingers, or

Just squeeze.

Still squeezing the Reality Condom with your fingers, insert the device through the anal opening as shown in fig. E.

Take your time. If the Reality Condom is slippery to insert, let go and start over.



Now push the inner ring and the pouch the rest of the way up into the anal cavity with your index finger.

For maximum protection, the inner ring should be inserted past the sphincter muscle. See fig. F.

This step may be hard to do on the first or second try.

### Before Anal Sex

When you are ready for sex, insert the Reality Condom, making sure the outside ring lies outside the anus as shown in fig. G.

About one inch of the open end will stay outside. See fig

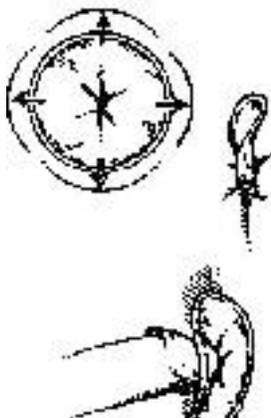
H. While this may look unusual, this part of the Reality Condom is protecting you and your partner during sex.

You can add more lubricant either inside or outside the Reality Condom for extra comfort.

### During Anal Sex

You may notice that the Reality Condom moves around during sex.

Moving side-to-side of the outer ring is normal. It will not reduce your protection.



Sometimes the Reality Condom may slip up and down in the anal cavity, riding on the penis. However the penis should remain covered by the pouch and any fluid stays inside the pouch.

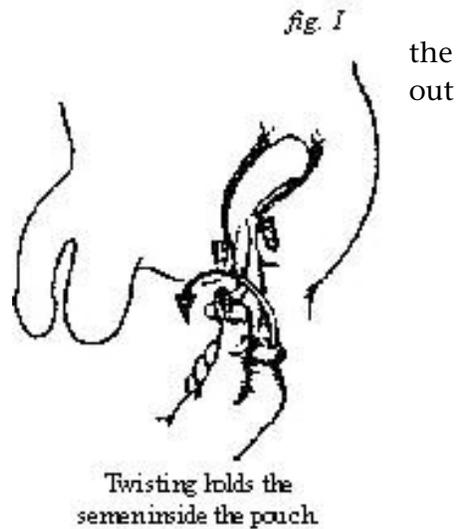
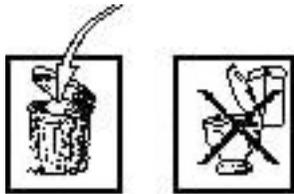
If either you or your partner notice the outer ring being pushed into the anal cavity, STOP. Pull the outer ring so that it lies outside the anus and add extra lubricant to the opening of the pouch or to the insertive penis. Make sure the outer ring lies outside the anus.

If the penis starts to enter underneath or besides the sheath, STOP and reinsert within the covered anus.

### After Anal Sex

To take out the Reality Condom, squeeze and twist outer ring to keep any fluid inside the pouch. Pull gently. Throw away in a trashcan.

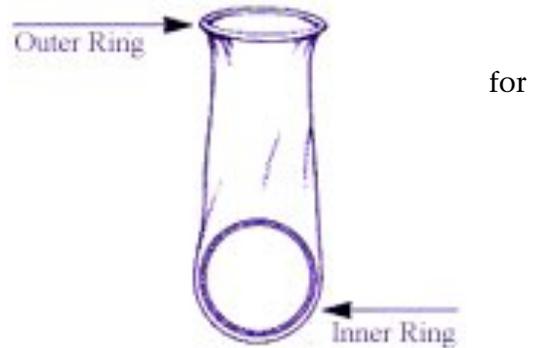
DO NOT FLUSH. DO NOT REUSE.



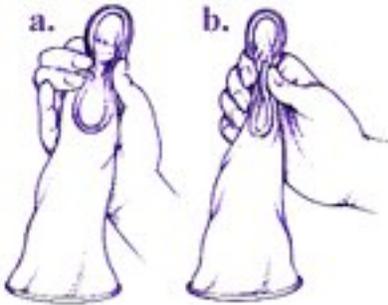
# REALITY® FOR VAGINAL SEX

## Open End/ Outer Ring

The open end covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place.



## How to Hold the Sheath



Hold inner ring between thumb and middle finger. Put index finger on pouch between other two fingers, or just squeeze.

## Inserting the Condom

Squeeze the inner ring. Insert the sheath as far as it will go. It's in the right place when you can't feel it. Don't worry—it can't go too far, and IT WON'T HURT!



## Making Sure Placement is Correct



Make sure the sheath is not twisted. The outer ring should be outside the vagina. Add lubricant to inside of sheath or to the penis. Start with two drops and add more if desired.

## Removal

Remove before standing up. Squeeze and twist the outer ring. Pull out gently. Dispose with trash, not in toilet.

## Use More Lubricant If:

- the penis does not move freely in and out
- the outer ring is pushed inside
- there is noise during sex
- you feel the condom when it is in place
- the condom comes out of the vagina during use



**Remove and Insert a New Reality Condom If:**

- the condom rips or tears during insertion or use
- the outer ring is pushed inside
- the penis enters outside the pouch
- the condom bunches inside the vagina
- you have sex again