

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

# kondometer

Which size of condom fits you? The width is important!

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UNABHÄNGIG UND WISSENSCHAFTLICH FUNDIERT



**1** On the back you will find a white arrow on the right. First lay it on your penis and then wrap the tape measure around your erect penis.

**2** Look through the hole provided. What colour do you see? \* This corresponds to the condom size that fits you.



You will also find information on condoms and their use in the BZgA brochure "Be safe. Contraception for him and her" (Order No. 13060070)

[www.familienplanung.de](http://www.familienplanung.de)

What colour do you see?

Circumference of your penis

Which colour did you read?

Guidance

You mostly find sizes given in "mm" on the outside of condom packets.

Try out smaller condoms!  
(e.g. 49 mm and smaller)

Standard condoms could suit you!  
(e.g. 52 or 53 mm)

Try out bigger condoms!  
(e.g. 55 mm and bigger)

Create your Kondometer to measure your penis circumference here!

8 9 10 11 12 13 14 15 16



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