

What is a Finger Cot?

The finger cot, also known as the finger condom, is a latex sheath designed to fit over a finger tip to approximately the base of the finger. Finger-cots are typically used to cover cuts and open wounds on fingers.

Benefit in Sexual Health

Some individuals choose to use these devices routinely for sexual play involving the insertion of fingers. Using finger cots can reduce your risk of being exposed to any viruses or bacteria in your partner's secretions and can provide protection against the transmission of infection in cases where there are cuts or abrasions on the skin of the finger. Just as with condoms, you should always use a new finger cot if you move from penetrating the vagina to the anus, or vice versa.

How Do I Use a Finger Cot?

- Place the finger cot on the tip of your finger.
- Roll the finger cot **all the way** to the **base** of the finger.
- Smooth out any air bubbles.
- Have digital sex.
- When finished, remove used finger cot.
- Carefully dispose of finger cot **in a garbage receptacle (DO NOT** flush the finger cot down a toilet).
- Wash hands with warm water and soap.
- Repeat these steps **each and every time** you engage in digital sex (even when you switch types of sexual activity during the same session).

Where Can I Find Finger Cots?

Finger cots are usually found in the wound care and bandage section of most drug stores. You can also obtain multiple sizes of finger cots along with multiple varieties of condoms, lubricant, dental dams, female condoms and other sexual health information and resources in the Health Promotion Office (Room 310) at Student Health Services, Monday through Friday, 9:00 a.m.-5:00 p.m.