

Male Condoms





Male Condoms

General information:

- Most condoms are made of thin latex rubber. Some condoms are coated with a lubricant and/or spermicide.
- If you have had an allergic reaction to latex rubber, you should not use latex condoms.
- Before having sex, place the condom over your erect penis.
- You must use a new condom for each act of sex.
- Protect against pregnancy and sexually transmitted infections (STIs), including HIV.
- Require partner's cooperation.

Effectiveness for pregnancy prevention: Pregnancy rate in first year of use is:

- Correct use (used with each act of sex) — 2 pregnancies per 100 women (2%)
- Typical use (not used consistently) — 14 pregnancies per 100 women (14%)

How the method works:

- Before having sex, place the condom on your erect penis.
- The condom forms a barrier that keeps sperm out of the vagina during sex. This prevents pregnancy.

Important facts:

- Can be used without seeing a health provider.
- Can be used as a temporary or backup method.
- May decrease sensation, making sex less enjoyable for either partner.
- You must take time to put the condom on the erect penis before the penis touches the woman's genitals.
- Increase male participation in family planning.
- Can be safely used during pregnancy to protect mother and fetus against STIs.

Method not advised if you or your partner:

Have had an allergic reaction to latex rubber. Some people may just be allergic to a specific brand of condoms. If it is not a latex allergy, switch to another brand.

Side effects: None

How to use:

- 1) Use a new condom for each act of sex.
- 2) Check the condom package. Do not use if torn or damaged. Avoid using a condom past the expiration date. Do so only if newer condoms are not available.
- 3) Open the package carefully. Do not use fingernails, teeth, or anything that could damage the condom.
- 4) Before any vaginal contact, place the condom on the tip of your erect penis. The rolled side should be on the outside.
- 5) Unroll the condom all the way to the base of your erect penis. If the condom does not unroll, it may be on backwards, damaged, or too old. Throw it away. Use a new condom. If the condom is on backwards and another is not available, turn it over and unroll onto the penis.
- 6) If desired, use water or a water-based lubricant on the outside of the condom. This helps prevent breaks. Do not use creams, oils, or petroleum jelly.
- 7) Immediately after ejaculation, hold the rim of the condom in place. Withdraw the penis while it is still erect. Be careful not to spill semen when withdrawing the penis or taking off the condom.
- 8) Place the condom in a tissue or in the empty package. Throw it into the rubbish. Do not put it into a flush toilet. This may cause problems with plumbing.
- 9) Store condoms in a dark, cool, dry place if possible.

Important: If you did not use a condom for an act of sex, try to use one the next time. A mistake once or twice does not mean that it is too late to use condoms in the future.

Return to the health care facility any time if:

- You have any questions or problems.
- Your partner has had unprotected sex in the past 5 days and wants to avoid pregnancy. She can take emergency contraceptive pills (ECPs).