

# Male Condoms

## What are Condoms?

A Condom is a thin shield that is fitted directly on a man's penis. They are usually made out of latex or plastic (polyurethane, nitrile or polyisoprene), although there are some that are made out of animal tissue (lambskin), or polyurethane. They may be lubricated, ribbed, or treated with a spermicide. They help prevent pregnancy and sexually transmitted diseases if used properly. The rate of women with accidental pregnancy within the first year of typical use is 20% (with perfect use 2 %).

## How do you use a Condom?

Condoms must be use with every act of intercourse. Incorrectly handled, condoms can tear before use, when being removed from the package, when placed on the penis, or during intercourse. Since it is possible to tear a hole in a condom with your fingernail, be careful.

Put the condom on the erect penis (either partner can do this) **before the penis comes in contact with the woman's genitals.**

- You may add a small amount of lubrication to the inside of the condom before application for more male comfort.
- Unroll the condom down the base of the erect penis (leaving 1/2 inch of empty space at the tip). While holding on to the tip, unroll it all the way down to the hair.
- Ensure adequate lubrication (natural or artificial) before penetration. A condom may be more likely to tear if the vagina is dry. Lubrication should be water based, i.e. K-Y jelly, spermicidal jellies or creams, etc. No oil based products such as Vaseline, baby oil, lotions, etc.
- If at any time you or your partner feels the condom has slipped off or broken, stop and check the condom and put on a new one.
- After ejaculation and while the penis is still erect, hold the rim of the condom against the base of the penis and withdraw from the vagina.
- With the penis away from the partner's genitals, slowly slide the condom off the penis.
- Check the condom for visible damage, wrap in tissue, and throw away.

## Taking care of condoms

- Store condoms in a cool, dry, dark place away from sunlight and heat.
- If you carry a condom in your wallet, replace it monthly.
- Always check the expiration date or manufacture's date before use.
- Do not use if the package has been torn or has a hole in it.

## **Other concerns when using condoms**

- We **do not** recommend Lambskin condoms because they do not prevent sexually transmitted diseases.
- Condoms with spermicide are **not** more effective than regular condoms but they are more expensive.
- Allergies
  - Either partner can have a reaction to Latex.
  - See if new products are out on the market, either Tacyon condoms or polyurethane.
  - Try using a non-lubricated condom with a water based lubricant containing octoxynol.
  - We recommend using another method of birth control with condoms, such as oral contraceptive pills or a spermicidal cream or foam.

If the condom breaks or falls off during intercourse you may become pregnant. If you do not desire pregnancy, you may be a candidate for EMERGENCY CONTRACEPTION (Plan B). Emergency contraception should be taken as soon as possible, at least within 5 days.