

HOW TO USE CONDOMS

Use latex or plastic condoms to protect against sexually transmitted infection, including the HIV. When used correctly, condoms also provide some protection against pregnancy. Using a sperm killing cream, jelly or film (called spermicide) with the condom gives more protection from pregnancy. However, studies suggest that the use of condoms with spermicide should not be recommended in the following situations: anal sex; multiple acts of intercourse every day; by persons at risk of HIV. Please ask your health care provider if you have any questions about the use of condoms with spermicidal lubricant.

Before sex

- Always keep some latex or plastic condoms and water-based lubricant around. Have extra condoms available in case one gets ripped before use, gets put on wrong, or in case you want to have sex more than once.
- It's a good idea to talk about condom use with your partner *before* you have intercourse.

When you have sex

- Open the condom package carefully. Be careful not to tear or make holes in the condom with fingernails, teeth, or other sharp objects.
- Put on the condom, once the penis is erect, before the penis comes in contact with the partner's mouth, anus, or vagina. If the penis is uncircumcised, pull the foreskin back before putting on the condom. Keep the condom on the penis until after the man ejaculates (comes).
- Unroll the condom a little so you can see which way the condom unrolls. (The rolled ring should be on the outside.) Hold the tip of the condom and unroll it down to the base of the erect penis. If the condom does not unroll easily, it is on upside-down. Throw it away and begin with a new condom. (Sperm and infectious organisms from the fluid on the penis could already be on one side of the condom, so don't just turn it over, throw it out.
- Use enough lubrication. For latex condoms, use only water-based lubricants like water; lubricating jellies (like K-Y Jelly); or spermicidal creams, jellies, foam, or suppositories. DO NOT use oil-based lubricants like cold cream, mineral oil, cooking oil, petroleum jelly, body lotions, massage oil, or baby oil. They can damage latex condoms. (For plastic condoms, like the brand Avanti or female condoms like Reality, any type of lubricant can be used).
- If the condom breaks or falls off during sex but before the man ejaculates (comes), stop and put on a new condom. Change to a new condom if the penis is moved from one area of the body to another (for example from the vagina to the anus).

After sex

- Soon after ejaculation, take the penis out of the vagina, while it is still erect. Hold the condom firmly against the base of the penis so it will not slip off and so that no semen leaks out of it.
- Check the condom for visible damage such as holes, and then wrap it in tissue and put it in the trash. Do not flush condoms down the toilet.
- If the condom breaks, falls off, leaks, or is not used:
- Discuss the possibility of pregnancy or infection with your partner and contact your health care provider as soon as you can. Do not douche. Emergency contraception may be used to prevent pregnancy if started within 72 hours of having unprotected intercourse. Call 1-888-NOT-2-LATE to learn more about emergency contraceptives. This is a free phone call.

- Insert an applicator full of spermicide into the vagina as soon as possible. Gently wash the penis, vulva, anus, and the general area with soap and water immediately after intercourse to help reduce the risk of getting a sexually transmitted infection.

If you have sex more than one time

Use a new condom from "start to finish" with each act of anal, vaginal, or oral intercourse. Do not use the same condom more than one time.

Taking care of supplies

- Store condoms in a cool and dry place out of direct sunlight (heat may weaken latex). Latex condoms can probably be stored in a wallet for up to 1 month when kept away from heat and sunlight.
- Check the expiration or manufacture date on the box or individual package of condoms. Expiration dates are marked as "Exp"; otherwise, the date is the manufacture date (MFG). Latex condoms should not be used beyond their expiration date or more than 5 years after the manufacturing date. Latex condoms with spermicide should probably be used within 2 years of the manufacture date. Condoms in damaged packages or that look brittle, sticky or discolored should not be used, regardless of their expiration date.



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