

Male Condom



What is a male condom?

A condom is a latex or plastic barrier that a man wears on his penis to prevent pregnancy and sexually transmitted infections (STIs).

How does it work?

Male condoms stop sperm (semen) from touching the vagina, which prevents pregnancy. Condoms help stop the spread of STIs. Condoms can be used for oral, vaginal or anal sex.

How effective are condoms?

Perfect Use: About 2% of women who correctly use a male condom with their partner every time they have sex will get pregnant in a year.

Typical Use: About 18% of women who use a male condom with their partner will get pregnant in a year.

What are the benefits of condoms?

- Low cost
- Convenient to buy
- Effective: This is the only method of birth control that also helps protect against sexually transmitted infections (STIs).
- Different varieties available for best fit and comfort, including latex-free condoms for people with latex allergies

Should spermicide be used with condoms?

Using the spermicide nonoxynol-9 may increase the risk of getting and transmitting HIV infection.

Talk to your health care provider if you have any questions or concerns about using condoms.

How do I use a condom?

- Check the expiration date on the condom. If the condom is expired, throw it away and use a new one.
- Put on the condom after the penis gets hard but before you have any sexual contact.
- Pinch the top of the condom and unroll it down to the base of the penis.
- Smooth out any air bubbles, which can cause the condom to break.
- After ejaculation, while the penis is still hard, hold the base of the condom in place and pull out, making sure no semen spills out.
- Put the condom in the trash.

What shouldn't I do with condoms?

- DON'T use more than one condom at a time. Using two condoms at once actually makes it more likely that the condoms will break. You should NOT use two male condoms or a female condom and male condom together.
- DON'T reuse a condom. Use a new condom every time you have sex. Reusing condoms can cause them to break.
- DON'T use oil-based lubricants like Vaseline, baby oil or lotion. These products can weaken the condom, causing it to break. Use a water-based lubricant instead, like KY or Astroglide.

What if the condom breaks or slips off?

Pregnancy: If the condom breaks or slips off, you won't be protected against pregnancy. Emergency Contraception can be used after unprotected sex to help prevent pregnancy.

STIs: You and your partner also will not be protected from STIs if the condom breaks or slips off. Talk to your health care provider about how you can be tested for STIs.

If your partner doesn't want to use condoms, here are some ways to respond:

If your partner says: "It doesn't feel good with a condom."

You could say: "We can try using lubrication and condoms in different sizes and textures. I can also help you put the condom on before we have sex."

If your partner says: "If you love me you won't make me use a condom."

You could say: "Because I love you, I want to make sure we are both safe. I also know that you love me enough to make sure I don't get pregnant right now."

If your partner says: "If you trust me you won't make me use a condom".

You could say: "Trust isn't the issue. People can carry sexually transmitted infections and not know it".

If your partner says: "You're already on birth control, so why do we need condoms?"

You could say: "My birth control prevents pregnancy, but not sexually transmitted infections. Using a condom will make me feel more comfortable and we can enjoy it more."