



MALE CONDOM

Male Condom



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 the erect penis.
- You must use a new condom for each act of sex.
- Protect against pregnancy and sexually transmitted infections (STIs), including human immunodeficiency virus (HIV).
- Require partner's cooperation to use consistently and correctly.

Effectiveness

- 82% effective on typical use and 18 pregnancies per 100 women reported if not used consistently.

How the method works

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

How to use

- Use a new condom for each act of sex.
- Check the condom package. Do not use if torn or damaged. Avoid using a condom past the expiration date.
- Open the package carefully. Do not use fingernails, teeth, or anything that could damage the condom.
- Before any vaginal contact, place the condom on the tip of the erect penis. The rolled side should be on the outside.
- Unroll the condom all the way to the base of the 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.
- 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.
- 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.
- Place the condom in a tissue or in the empty package. Throw it into the dustbin. Do not flush it into the toilet.
- Store condoms in a dark, cool, dry place if possible.

Do not use this method if you

- 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.

Important facts:

- Can be used without seeing a health provider.
- Can be used as a temporary or backup method.
- Condoms, both male and female, are the only method that prevent from STIs and HIV.
- May decrease sensation, making sex less enjoyable for either partner.
- Increase male participation in family planning.

Seek medical help if you

- Have any questions or problems.
- Had unprotected sex in the past 5 days and want to avoid pregnancy. The woman can take emergency contraceptive pills (ECPs).



Sources:

- Population Council. The Balanced Counseling Strategy Plus (3rd ed.) [Internet] 2015 [cited 2021 April 06]. Available from: https://www.popcouncil.org/uploads/pdfs/2015RH_BCS-Plus_CounselingCards_en.pdf.
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