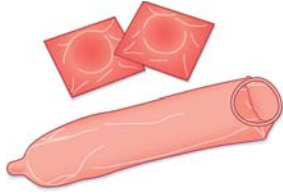


## MALE CONDOM

### What is it?

The male condom is a protective barrier that fits over the penis during oral, vaginal or anal sex.



The condom collects the semen (cum, ejaculate, or pre-ejaculate) and protects both partners from each other's body fluids during sex. Condoms are used for preventing pregnancy and the spread of sexually transmitted infections (STIs). Condoms are between 85% and 98% effective depending on how well they are used. Some STIs such as herpes and human papillomavirus (HPV) are passed by skin to skin contact so a condom does not protect against these infections as well.

Condoms are available in a variety of sizes, colours, and textures. Flavoured condoms can be used for oral sex. Condoms can be made of latex, polyurethane or lambskin. Those made of animal tissue (e.g. lambskin) do not protect against STIs. Polyurethane condoms can be used if you or your partner has a latex allergy. Condoms are available with:

- no lubricant
- a water-based or silicone lubricant
- a spermicidal lubricant (kills sperm).

### Benefits of condoms

Condoms have many benefits including:

- preventing pregnancy if having vaginal sex
- preventing many STIs if having vaginal, anal or oral sex
- helping some men keep an erection
- being easily available (stores, pharmacies, vending machines, some public washrooms) without a doctor's prescription
- low price – samples are available free at some clinics

- protection against infections if performing oral sex on a women or oral-anal contact -cut rim off, cut condom lengthwise and spread over area

### Possible Side Effects

Some possible side effects of condoms might be:

- skin irritation
- possible allergic reaction to latex and/or spermicide
- vaginitis due to the additives in some flavoured condoms
- decreased sensation – sensation may be increased with the use of a drop of water-based lubricant inside the tip of the condom

### Important Points to Remember

- Do not use oil-based lubricants (e.g. petroleum jelly/Vaseline, mineral oil, baby oil, vegetable oil, massage oil, etc.) as these can weaken latex condoms
- Condoms have an expiry date (this must be printed on each condom package).
- Extra-strength condoms with extra water-based lubricant are recommended for anal sex.
- Novelty condoms may not prevent pregnancy or STIs. Read the package carefully.

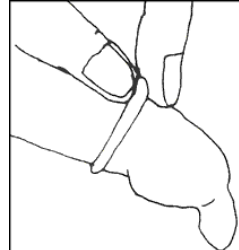
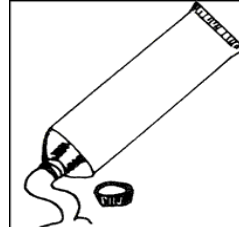
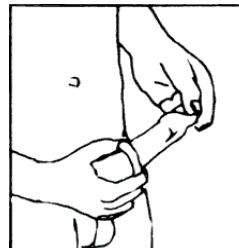
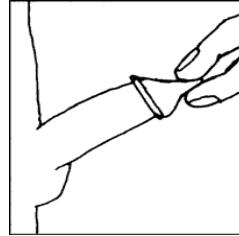
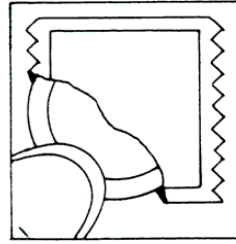
It is important to talk with your partner(s) about safer sex practices. If you or your partner(s) have had previous partner(s), you should be tested for sexually transmitted infections

**See OVER for instructions on how to use condoms...**



## How to Use the Male Condom

- Check the expiry date on the condom package.
- Store condoms in a cool, dry place away from heat, UV light and high humidity. Don't keep condoms in a wallet next to the body for a long period of time.
- Do not have any genital to genital contact without a condom on the penis.
- Open wrapper carefully so the condom is not torn by jewelry or fingernails.
- Do not unroll or stretch a condom before use. This may weaken the condom.
- Pinch the air from the tip of the condom and keep it pinched while the condom is put on an erect penis.
- Place condom on the end of the hard penis.
- If not circumcised, pull foreskin back before putting the condom on.
- Unroll condom all the way down penis.
- If you want more wetness during intercourse, use water-based lubricants such as Astroglide, K-Y Jelly, etc.
- After ejaculating (cumming), hold onto the condom at the base of the penis and pull out before the penis gets soft. This will help to prevent the condom from slipping off the penis.
- After ejaculation do not use the condom again.
- Throw condom in the garbage. Condoms will clog the toilet.



Use condoms to help prevent the spread of STIs,  
HIV and hepatitis B.

**For more information call Peel Public Health 905-799-7700  
and ask for Sexual Health Information  
or visit**

**[intheknowpeel.ca](http://intheknowpeel.ca)**

**[peelsexualhealth.ca](http://peelsexualhealth.ca)**

**[peelregion.ca/health](http://peelregion.ca/health)**