

Male Condom

What Are They?

The male condom is a thin sheath worn over the erect penis when a couple is having sex.

How Effective Are They?

If 100 couples used condoms for one year, typically 12 to 15 of the women might become pregnant. If used correctly with every act of intercourse, condoms are highly effective in protecting against most STIs (except Herpes Simplex & other genital ulcer diseases), including HIV.

How Do Condoms Work?

The condom catches the man's sperm so that no sperm can enter the vagina.

Advantages

- * Safe
- * **Doesn't require a prescription or medical examination**
- * Effective and easy to use
- * **Excellent option for someone who does not need ongoing contraception**
- * May prevent premature ejaculation
- * Protects against STI/HIV

Disadvantages

- * Interrupts the sex act
- * May cause decreased sexual sensitivity
- * **Requires skills to use properly and negotiate their use with a partner**
- * A new condom must be used each time the couple has sex
- * A supply of condoms must be available before sex occurs
- * Occasionally a condom may break or slip off during intercourse

Possible Side Effects

Most adolescents have no side effects. Occasionally an adolescent may experience an allergic reaction, which causes:

- * Itching
- * Burning
- * Swelling

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CLIENT INSTRUCTIONS

Show the client the condom and explain/demonstrate the following:

How to Use the Condom

- * Check the expiration date on the condom package
- * Open the package carefully so the condom doesn't tear
- * Don't unroll the condom before putting it on
- * Place the unrolled condom on the tip of the hard penis
- * Hold the tip of the condom with the thumb and forefinger
- * Unroll the condom until it covers the penis
- * Leave enough space at the tip of the condom for the semen
- * After ejaculation, hold the rim of the condom and pull the penis out of the vagina before it becomes soft
- * Burn or bury the condom, do not flush it down the toilet

Care of Condoms

- * Don't apply oil-based lubricants (like baby oil, cooking oil, petroleum jelly/ Vaseline) because they can destroy the condom. It is safe to use clean water, saliva, or water-based lubricants
- * Store condoms in a cool, dry place. Don't carry them near the body because heat can destroy them
- * Use each condom only once
- * Don't use a condom if the package is broken, if the condom is dry or sticky, or if the color has changed
- * Take care to dispose of used condoms properly

Possible Side Effects

- * Most adolescents experience no side effects
- * Occasionally adolescents may experience side effects (explain possible side effects, see front of card)

Reasons to Return to Provider

- * Anytime there is a problem (condom breaks or unhappy with method)
- * A resupply is needed (never run out completely before returning)
- * Either partner thinks s/he may have been exposed to an STI

Have the Client Repeat this Information Back to You and Demonstrate Proper Condom Use