

# Male Condom Fact Sheet



## What are male condoms?

The male condom is a thin pouch made of latex or polyurethane. It is placed over an erect (stiff) penis or sex toy before having sex.

Condoms are the only form of contraception that protects you against sexually transmitted infections (STIs) as well as pregnancy. You have to use one every time you have sex.

Condoms are one of the most popular forms of contraception and they are available in different sizes, shapes, colours and textures. They are also available in different materials for those with allergies or sensitive skin.

## How does the condom work?

The condom works by catching ejaculate (cum) as it is released and stopping it from entering the vagina or anus.

They also prevent partners from sharing other bodily fluids such as vaginal fluids and blood that can transmit infection.

## How effective is the condom?

If used correctly, condoms are 98% effective at preventing pregnancy. With typical use - given mistakes can happen like incorrect use or breakages - this can reduce to 88% effective.

You can increase your protection against unplanned pregnancy by combining condoms with another type of contraception such as the pill or the implant.

## What are the advantages of the condom?

- protects against sexually transmitted infections (STIs)
- low cost
- easy to use
- little or no side effects
- can be bought without a prescription
- available in different sizes
- can be used on demand

- not affected by other medications
- hormone free, and
- can easily be carried with you.

## What are the disadvantages of the condom?

- can interrupt sex while you put it on
- can tear or come off during sex if not used properly
- some people are allergic to latex condoms, and
- can occasionally lead to irritation of the vagina, penis or anus.

## What can stop the condom from working?

Condoms might not work if they are:

- used Incorrectly
- used with an oil-based lubricant
- past their use-by-date
- used at the same time as certain vaginal medications
- the wrong size for the penis
- torn when opening the packet
- kept In hot places for a long time (such as a car glove box in summer)

## When should I use a condom?

Condoms should be used every single time you have vaginal, anal or oral sex. Each condom can only be used once, so it's a good idea to carry a few.

## How do I use a condom?

1. Always check the expiry date before use.
2. Squeeze the tip of the condom to remove any air, then roll it down on the erect penis/sex toy as far as it will go.
3. To avoid pregnancy and sexually transmissible infections, put the condom on before the penis touches the vagina or anus.

4. Once used, withdraw the penis before it softens and hold the condom against the base of the penis to ensure it does not slip off and to prevent any sperm from escaping.
5. Use one and then throw the condom into a bin (not down the toilet).

You can use condoms with water or silicone-based lubricants (lube). Lube is a jelly or liquid-like material. Do not use oil-based lube or vaseline with condoms as it can cause them to break or slip off.

## Where can I get condoms?

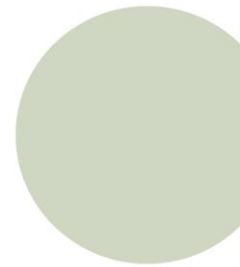
Condoms and lube are available free from Family Planning Tasmania clinics. They are also available from supermarkets, pharmacies, chemists and petrol stations. There is no minimum age to buy condoms.

## What do I do if I forget to use a condom or it breaks?

If you're not using another form of contraception, you may need emergency contraception (also known as the morning after pill) to prevent pregnancy.

For more information, support & advice visit [www.fpt.asn.au](http://www.fpt.asn.au).

Family Planning Tasmania acknowledges the contribution of Family Planning Victoria and Family Planning New South Wales to this factsheet.



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