

# MALE CONDOMS

(Based on Managing Contraception Pocket Guide 2019-2020)

Effectiveness: 98% with perfect use; 82% with typical use

Action: Condoms are barriers that prevent pregnancy by preventing the passage of sperm into the female's vagina by covering the penis and trapping the sperm.

## Advantages/Benefits:

- Male involvement is encouraged and is essential
- Intercourse may be more pleasurable because fear of pregnancy and STDs is decreased
- Easily carried (can fit between two photos in wallet, but should not leave there for more than 1 month)
- Available over the counter; no medical visit required
- May be used alone, with another family planning method for STD protection; or as a back-up method
- Consistent use reduces risks HIV and HPV transmission

## Disadvantages/Risks:

- Takes time to put it on before having intercourse; unless woman puts it on as part of foreplay
- May break or fall off
- Requires some skills in right way to put them on
- Must withdraw penis right after intercourse to make sure condom doesn't fall off in vagina
- Plain condoms may decrease lubrication for woman (use water-based lubricant)
- Should not be used if either the man or woman is allergic to latex
- Do not use spermicide covered condoms, if allergic to spermicide
- Condom may be retained in vagina, but if this happens, try to remove with second or third fingers

## Instructions:

- Review this sheet carefully and report any questions or concerns to your health care provider
- Available free at your local health department
- Practice use before they are needed – condoms come in different sizes so find a size that is most comfortable. Buy condoms in advance, carry with you.
- Keep condoms away from heat and sunlight
- Place condoms on before sexual contact (either partner). Open package carefully.
- Check product expiration date and throw away if in doubt
- Remove condom after sex and inspect for breaks. Consider emergency contraception if it breaks or condom comes off during sex
- Do not re-use condoms. Dispose of used condom. Do not flush into toilet.
- Do not use Vaseline with condoms. Never put lubricant inside the condom.

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