

Male Condom

What Is It?

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 young women would become pregnant. If used correctly with every act of intercourse, condoms are highly effective in protecting against pregnancy (three pregnancies among 100 couples) and most STIs (except Herpes Simplex & other genital ulcer diseases), including HIV.

How Do Condoms Work?

The condom catches the man's sperm so that it cannot enter the vagina.

Advantages

- * Is safe, effective and easy to use.
- * **Does not require a prescription or medical examination.**
- * **Excellent option for someone who does not need ongoing contraception.**
- * May prevent premature ejaculation.
- * Protects against STIs/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.
- * A condom may occasionally 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 a Condom

- * Check the expiration date on the condom package.
- * Open the package carefully so the condom doesn't tear.
- * Do not 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.

Condom Care

- * Do not apply oil-based lubricants (like baby oil, cooking oil, petroleum jelly/Vaseline), because they could destroy the condom. It is safe to use clean water, saliva, or water-based lubricants.
- * Store condoms in a cool, dry place. Do not carry them near the body, because heat could destroy them.
- * Use each condom only once.
- * Do not use a condom from a broken package, or if the condom is dry, sticky, or 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 a STI.

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