

# Male Condom

## What is the male condom?

The male condom is a thin, disposable covering that a man wears over an erect penis to help prevent pregnancy and sexually transmitted infections (STIs). Condoms come in different sizes, colours, textures, flavours and materials including latex, lambskin and polyurethane. Latex and polyurethane condoms provide protection from STIs. Condoms that are lubricated are best for vaginal and anal sex. You may prefer condoms without lubricant for oral sex. It is important to find a condom that is comfortable for you and your partner.

### How it works

A condom provides a barrier between a man's penis and his partner. Condoms can be worn during oral, anal or vaginal sex to prevent the exchange of body fluids. The condom traps the sperm in the condom so it cannot fertilize the egg.

### Effectiveness

A condom is up to 98 per cent effective in preventing pregnancy when used correctly and consistently. A condom used from the beginning to end of each sexual contact reduces the risk of STIs.

### Advantages

- Latex and polyurethane condoms help provide protection against most STIs.
- Condoms are available at drug stores, some variety stores and supermarkets.
- You do not need a prescription for condoms.

- Anyone can purchase condoms.
- Condoms may help avoid premature ejaculation.
- Condoms are provided at no cost at York Region sexual health clinics.
- Condoms do not contain hormones.

### Disadvantages

- Condoms need to be put on prior to contact.
- Condoms sometimes tear or slip off.
- Condoms may reduce sensitivity.

### Instructions for use:

- Use a new condom for every sex act. Do not reuse condoms.
- Store condoms at room temperature, away from direct sunlight.



**1-800-361-5653**  
TTY: **1-866-252-9933**

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- Do not store condoms in your wallet, pocket or glove compartment in a car.
- Use lubricant and extra strength condoms to help prevent condom breakage. This is especially important with anal sex due to the higher risk of condom breakage.

If a condom breaks, tears or slips off during sex, STI testing is recommended. Consider emergency contraception (within 120 hours) if risk of pregnancy.

**Lubricants:** Only water-based lubricants should be used with latex condoms. Oil-based products (e.g. Vaseline) will break down the latex and make the condom less effective. Oil-based or water-based lubricants can be used with polyurethane condoms.

**Spermicides:** Some condoms have a spermicide Nonoxynol-9 on them. This chemical may cause irritation and increase the risk of HIV transmission. Use condoms without Nonoxynol-9 if possible.

1. Check the expiry date.
2. Open carefully by tearing alongside of the package.
3. Pinch the air from the tip of the condom and position on the head of the erect penis.
4. Unroll the condom all the way down the shaft of the erect penis.
5. After ejaculation, withdraw the penis (before the loss of erection), take off the condom and discard in the garbage.



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