

Instructions for Using Male Condoms

- Used consistently and correctly, condoms are 98% effective and can protect against HIV, unintended pregnancy, and most sexually transmitted diseases (STDs).
- Use a condom each and every time you have sex. If you don't have a condom, don't have penetrative sex.
- Always use a new condom for each act of intercourse. Never use the same condom more than once.
- Keep condoms in a cool, dark, dry place. Do not leave them in the sun. Do not carry them in a wallet or back pocket. Body heat and sitting on them can break down the latex.
- Before sex, talk to your partner about using a condom.

Instructions for Opening the Packet

- Never use a condom that has expired. Check the expiration date on the package. If the package has a manufacture date instead, make sure that less than 5 yrs. have passed.
- Do not use a condom if the packaging is torn or damaged, if the condom is sticky or dried out, or if the color has changed.
- Open packet and handle condoms carefully. Fingernails, teeth and jewelry can tear them.
- Most condoms have lubricant on them to make sex smoother.

Lubrication

- Lubrication is very important. The condom-covered penis should slide easily into the partner's body. Without lubricant the condom may break making the body vulnerable to HIV.
- Use only water-based lubricants or water-based jelly.
- Do not use lubricants with oil in them, such as petroleum jelly, Vaseline, butter, mineral oil, or cooking oil. Oil weakens latex condoms.

In Case of Slipping or Breaking

- If you feel the condom might be slipping, check it with your hand. It is very important that the condom does not slip off during sex.
- If you feel the condom break, stop sex at once. If the man has not ejaculated, the risk is low. Remove the torn condom and put on another. Do not make the risk greater by continuing without a condom.
- If the condom breaks during vaginal sex after the man has ejaculated, take action to prevent pregnancy. Go to the nearest clinic or pharmacy for emergency contraception as soon as possible, but at least within 72 hours of the breakage.
- Post Exposure Prophylaxis (PEP) may be available through a medical provider for vaginal or anal exposure to HIV. Go to a medical facility to assess your risk.

Removing the Male Condom

- After sex, withdraw the penis while holding the rim of the condom to keep it in place.
- Remove the condom while the penis is still hard.
- Be careful not to spill any semen on the partner's genitals.

Disposal

- Use the condom only once and throw it away.
- Do not flush it in a toilet.

Source

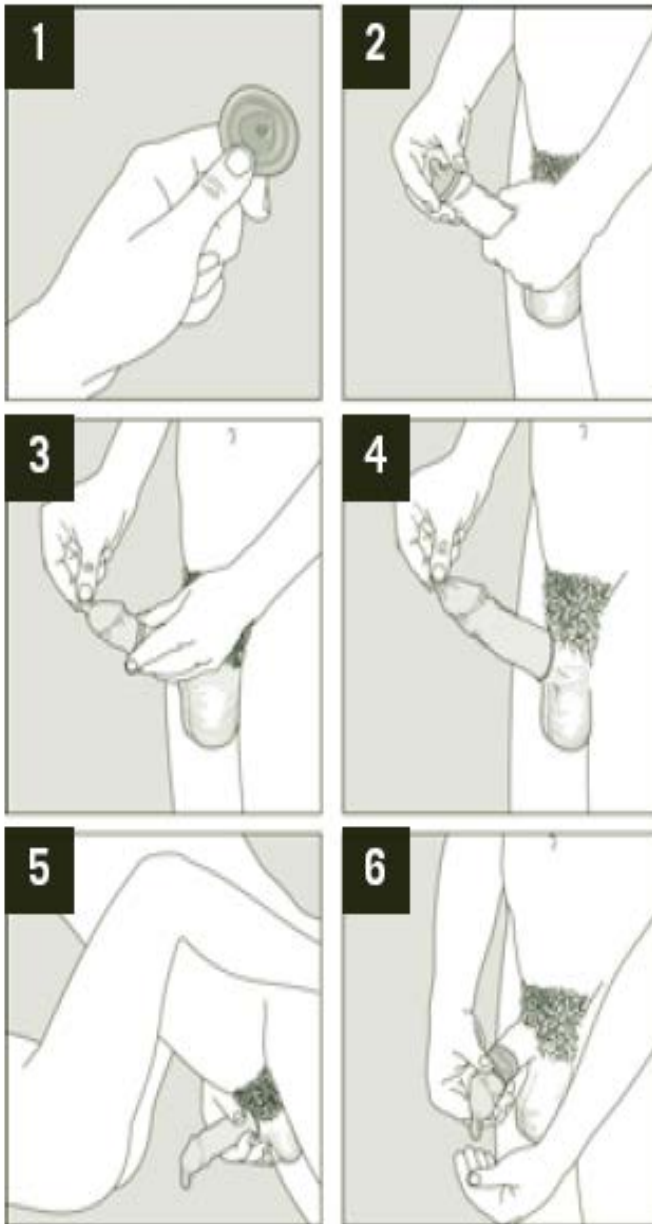
Adapted from *Condom Programming for HIV Prevention* by [United Nations Population Fund \(www.unfpa.org\)](http://www.unfpa.org), [World Health Organization \(www.who.int\)](http://www.who.int), and [PATH \(www.path.org\)](http://www.path.org).

Minnesota Department of Health
PO Box 69475
St. Paul, MN 55164-0975
651-201-5414
www.health.state.mn.us

10/10/2017

To obtain this information in a different format, call: 651-201-5414. Printed on recycled paper.

Illustration and Instructions for Male Condom Use



Before Intercourse

1. Carefully open the package so the condom does not tear. (Do not use teeth or a sharp object to open the package.) Do not unroll the condom before putting it on.
2. If you are not circumcised, pullback the foreskin. Put the condom on the end of the hard penis. Note: If the condom is initially placed on the penis backwards, do not turn it around. Throw it away and start with a new one.
3. Pinching the tip of the condom to squeeze out air, roll on the condom until it reaches the base of the penis.
4. Check to make sure there is space at the tip and that the condom is not broken. With the condom on, insert the penis for intercourse.

After Intercourse

5. After ejaculation, hold onto the condom at the base of the penis. Keeping the condom on, pull the penis out before it gets soft.
6. Slide the condom off without spilling the liquid (semen) inside. Dispose of the used condom.

Source

©2005 EngenderHealth. Illustrations by D. Rosenzweig/EngenderHealth. Reprinted with permission. For more information, visit [EngenderHealth \(www.engenderhealth.org\)](http://www.engenderhealth.org).