

Condoms - male and female

Condoms are worn during sexual activity as a contraceptive.

Condoms are the only contraceptive to prevent a sexually transmissible infection. They are available for men and women.

Male condoms



These are made of latex rubber, natural membranes, or synthetic material – more than 80% are made from latex rubber and can be damaged by oil-based lubricants.

Female condoms



These are polyurethane sheaths which are inserted into the vagina before sexual intercourse. They are about 15cm long and have two flexible rings to keep them in place in the vagina.

How do condoms work?

Condoms prevent the sperm and egg meeting by providing a physical barrier between them. They also stop body fluids from passing between sexual partners.

How effective are male condoms?

- Condom effectiveness depends on the motivation, skill level, and experience of the user.

- A new condom must be placed on the penis before any genital contact; it must remain intact until the penis is withdrawn, and a new one should be used each time you have sex.
- In typical use, it is estimated that 18 women in 100 will become pregnant in a year.

How effective are female condoms?

When used correctly, the female condom can be up to 95% effective as a contraceptive method. If not used correctly and consistently, the failure rate will be much higher.

What are the advantages of

Condoms are available from True clinics as well as chemists.

To make an appointment at a True clinic visit www.true.org.au

male condoms?

- Help protect women and men against sexually transmissible infections (STIs)
- Regular condom use reduces the risk of STIs
- Readily available from supermarkets, pharmacies and vending machines at low cost
- No significant medical risks or side effects

What are the disadvantages of male condoms?

- The interruption to sexual activity can be a concern for some people
- Breakages can occur or it could slip off
- A small number of people are sensitive to latex, spermicide or lubricant

- Some people complain of reduced sensitivity during sexual intercourse

What are the advantages of female condoms?

- Help protect women and men against sexually transmissible infections (STIs)
- Regular condom use reduces the risk of STIs
- They can be used with any kind of lubricant, including oil-based lubricants
- The polyurethane condom allows for heat transmission, which may make sex more enjoyable
- They can be inserted prior to sexual activity
- The size and shape allow for protection of more area around the vagina
- The penis does not have to be withdrawn immediately after intercourse

Condoms should be used with all other forms of contraception



What are the disadvantages of female condoms?

- Takes some practice to use correctly
- Suitable for vaginal sex only, not anal sex
- More expensive than a male condom
- Not as widely available as the male condom

What if a condom breaks or slips?

Emergency contraception can be used to prevent pregnancy and it is a good idea to have a sexual health check-up for STIs.

Are condoms right for everyone?

The majority of men can use male condoms. A few men may have a latex allergy. Men who experience difficulty getting or maintaining an erection will find it difficult to use a condom.

The female condom is suitable for most people. It can be used if either partner is sensitive or allergic to the latex in male condoms.

Lubrication

Male condoms are self-lubricated, but additional water-based lubricant can also be used on the outside of the condom, if desired, to increase comfort and help prevent breakages.

Additional lubrication is recommended with female condoms to avoid slippage.

Lubrication is particularly useful where there is any oestrogen deficiency -

- If there is any vaginal dryness
- After a baby
- While breast feeding
- After menopause

How do I use a female condom?

Hold the inner ring (at the closed end of the condom).



Insert the condom into the vagina as far as it will go.



With your finger inside the condom, push it up into the vagina (being careful not to twist the condom). The outer ring should remain outside the vagina, resting against the vulva.



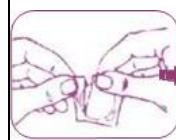
It is important to guide the penis into the condom.



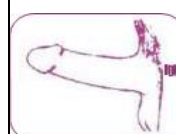
To remove, squeeze and twist the outer ring and pull out the condom. Dispose of the used condom in a rubbish bin.



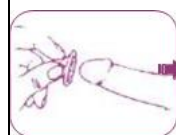
How do I use a male condom?



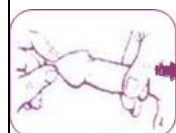
Take care when opening condom packets – teeth and fingernails may cause damage to the condom.



Condoms should be placed on the erect penis before contact with the sexual partner's genitals.



Ensure there is room to collect semen at the tip of the condom. Unroll it down to the base of the penis. Apply water-based lubricant freely to the outside of the condom both before and during intercourse, if desired.



Withdraw the penis immediately after ejaculation and before it becomes soft.



Remove the condom from the penis. Be careful not to allow the condom or the penis to touch the sexual partner's genitals. Dispose of the used condom in a rubbish bin.

Disclaimer

True Relationships & Reproductive Health (True) has taken every care to ensure that the information contained in this publication is accurate and up-to-date at the time of being published. As information and knowledge is constantly changing, readers are strongly advised to confirm that the information complies with present research, legislation and policy guidelines. True accepts no responsibility for difficulties that may arise as a result of an individual acting on the advice and recommendations it contains.

Acknowledgements

<http://www.nbcnews.com>

<http://www.babymed.com>

<http://www.cervicalbarriers.org/products/femCondom.cfm>