



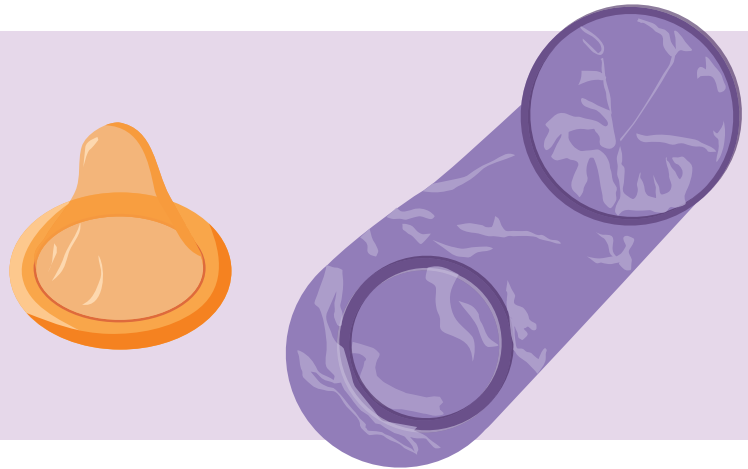
Condoms

External and Internal Condoms

Condoms can be used during sexual activity to prevent pregnancy.

They are the only contraceptive method that also reduces the risk of sexually transmissible infections (STIs).

Both external and internal condoms are available.



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.

Condoms can be used with all other forms of contraception to prevent STIs



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?

External condoms are worn over the penis, while internal condoms are inserted into the vagina.

External condoms can be used by most people. A small number of individuals may have a latex allergy. Latex free options are available. Those who experience difficulty achieving or maintaining an erection may find external condoms difficult to use.

Internal condoms are suitable for most people and can be used when either partner has a sensitivity or allergy to latex.

Lubrication

External 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 internal condoms to avoid slippage.

Lubrication is particularly useful where there is any oestrogen deficiency, for example:

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



External 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.

Condoms are available from True clinics as well as chemists. To make an appointment at a True clinic visit

true.org.au 

How effective are external 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- A new condom must be placed on the penis before any genital contact; it must remain intact until the penis is withdrawn, and a new one should be used each time you have sex.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.

What are the advantages of external condoms?

- 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
- Latex free options are available

What are the disadvantages of external 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



Internal 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.

Condoms are available from True clinics as well as chemists. To make an appointment at a True clinic visit true.org.au 

How effective are internal condoms?

When used correctly, the internal 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 internal condoms?

- 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

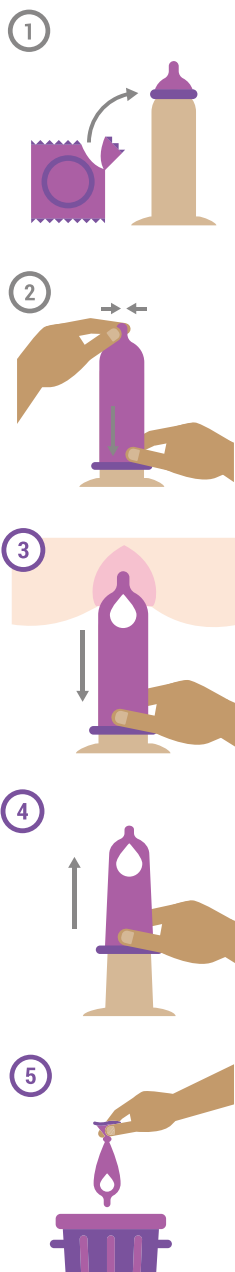
What are the disadvantages of internal condoms?

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



How do I use an external condom?

1. Take care when opening condom packets – teeth and fingernails may cause damage to the condom.
2. Condoms should be placed on the erect penis before contact with the sexual partner's genitals.
3. 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.
4. Withdraw the penis immediately after ejaculation and before it becomes soft.
5. 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.



How do I use an internal condom?

1. Hold the inner ring (at the closed end of the condom).
2. Insert the condom into the vagina as far as it will go.
3. 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.
4. It is important to guide the penis into the condom.
5. To remove, squeeze and twist the outer ring and pull out the condom. Dispose of the used condom in a rubbish bin.

