

Information on Proper Usage of Male Condoms



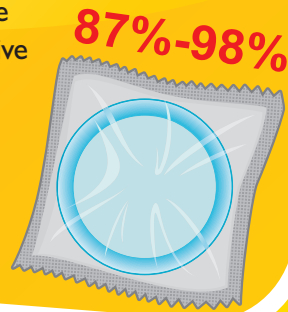
Department of Health

Online Version



Condom

- Condom is a rubber sheath worn over the erected penis to prevent sperms from entering the woman's uterus. Majority of the condoms are made of latex.
- It should be placed over the erect penis prior the sexual intercourse. It acts as a barrier which prevents the passage of semen into the vagina, thus prevent pregnancy.
- If using it correctly, it can prevent 87% to 98% of the pregnancy.
- It can use alone or use with other contraceptive methods such as contraceptive pills, contraceptive injections or intrauterine device to achieve a higher contraceptive effect.
- People with latex allergy can use condoms make of polyurethane.



Advantages

- It is simple to use and suitable for majority of people.
- Use of condoms can reduce the risks of sexually transmitted diseases including Human Immunodeficiency Virus (HIV).

Disadvantages

- It must use correctly in every act of intercourses; otherwise the contraceptive effectiveness will be diminished.
- The lubricants used in condoms may irritant.
- Easily tear by finger nails, rings and sharps.



Proper Usage of Condoms

step 1

Use a new and good quality condom for each sexual intercourse.

step 2

Check the expiry date and the intact of condom package before usage.



step 3

Remove condom from its package. Do not use scissors and take care not to tear it when pulling it out.

step 5

With care, hold the condom by the tip to squeeze out the air. This will form the space for collection of semen after ejaculation.



step 4

Put condom on the penis before any genital contact.

step 6

Put the condom on the end of the erect penis with one hand. Unroll it all the way down to the base of the erect penis with the other hand.



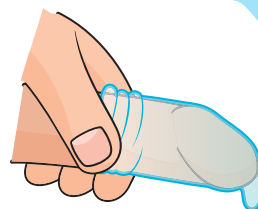
step 7

Use water-base lubricants only e.g. KY Jelly. Oil-base lubricants e.g. baby oil, vaseline, can cause the condom to break.



step 8

After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw. Hold the rim of the condom during withdrawal and take care not to spill any semen.



step 9

Dispose the used condom properly.



step 10

If the condom ruptures or slips during intercourse, you should seek medical advice for emergency contraception (postcoital contraception) as soon as possible.

Point to Note

- Use of Condoms can reduce the risk of sexually transmitted diseases including Human Immunodeficiency Virus (HIV).
- You must use condoms correctly in every act of intercourse for an effective contraceptive effect.
- If the condom ruptures or slips during intercourse, you should seek medical advice for emergency contraception as soon as possible.



Family Health Service

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