

## Male Condoms

Safer use involves the following precautions:

- Condoms must be stored at room temperature. Prolonged exposure to heat or prolonged direct sunlight can cause condoms to break or tear. Condoms should not be kept in a wallet or glove compartment.
- Be cautious as sharp fingernails or objects can damage condoms.
- Condoms are best put on the erect penis as soon as an erection is achieved and before any contact with the other person's body, and should always be put on before contact with a vagina or anus.
- With uncircumcised males, retracting the foreskin before putting on a condom is recommended to maximize mobility and reduce the risk of breakage during intercourse.
- Room needs to be left at the tip of a condom to hold semen. Most condoms have a reservoir tip that should be pinched while applying the condom to avoid trapping an air bubble which could burst later.
- Water-based sexual lubricants, such as KY Jelly or Astroglide, are safe for use with condoms, but oil-based lubricants weaken latex and may cause it to tear or develop holes. Many partners find it enjoyable to use lubrication to reduce abrasion. The use of lubricant is virtually essential for anal sex.
- Some condoms are designed specifically for anal sex. The latex is slightly thicker, making these condoms less likely to tear than those designed for vaginal sex.
- Condoms should be discarded after the expiration date on the package. Even ones that seem fine past that date may be more likely to burst.
- The penis should be withdrawn immediately after ejaculation, even if the erection can be maintained. During withdrawal, the base of the condom should be held.
- One's hands and penis should be washed before further physical contact with another person (including the sexual partner).
- Condoms are for single use only, and should never be reused.
- Condoms are available in special sizes for people who require larger or smaller ones.
- Male and female condoms should not be used at the same time.
- Both men and women should practice applying condoms correctly before using them for sex.
- Women can practice putting a condom onto a banana! This will make it easier to use condoms during sex.

General instructions for putting on a male condom are as follows:

1. Remember, penises and condoms come in different sizes! Find a condom that fits!
2. Check the expiration date on the condom wrapper - Condoms have a printed expiry date and batch number. Do not use out of date condoms.
3. Gently apply pressure to the condom wrapper to make sure it has a slight pillow-like quality to it, indicating air inside and proper and unbroken sealing. If the condom packaging does not have air inside, there may be a tear or punctures and the condom may be damaged.
4. Exercising caution, open the foil (or plastic) wrapper along one side. Be careful not to damage the condom with sharp objects such as fingernails, teeth or scissors.
5. If the condom is sticky or brittle, discard it and use another one, as a sticky or brittle condom is more likely to break.
6. Press the tip of the condom together firmly to expel the air that may be trapped inside the condom. Air pockets can cause a condom to burst. The tip of the condom must be empty when applied in order to contain the discharge in ejaculation.
7. Apply the condom only to a fully erect penis, as the condom may slip off a penis which is only partially erect.
8. Check that the condom is in the right direction to unroll down the penis. Place the condom on the tip of the penis. If you accidentally try to put it on the wrong way, discard it and start over with a new condom, as simply turning the condom inside out can transfer bodily fluids and defeat the purpose of the condom barrier.
9. Unroll the condom over the shaft of the penis. Unroll it all the way. If it does not unroll, it is on the wrong way and you must start over with a new condom.
10. Make sure the condom isn't loose or at risk of coming off. Do not allow the penis to go flaccid at any time while wearing or putting on the condom.
11. If you lose an erection while wearing the condom, the condom must be immediately discarded, and a new one applied if sex continues.