

# What is the male condom?

The male condom is a covering that is placed over the penis to collect sperm when a man ejaculates or “cums.” Apart from the female condom, it is the only contraceptive method that can protect against sexually transmitted infections (STIs) including HIV. It also prevents unplanned pregnancy when used consistently and correctly.

## What is the male condom made of?

Condoms are made of latex, rubber or “sheepskin.” The most effective condoms are made of latex. There is extra protection when the condom is used with a spermicide.

## What type of lubricant should I use?

Condoms must be used with water-based lubricants only as oil-based ones can dissolve the latex, allowing sperm and STIs to pass through.

## How does the male condom prevent pregnancy?

The male condom prevents sperm from entering the vagina, thus preventing the sperm from fertilizing the egg so pregnancy cannot occur.

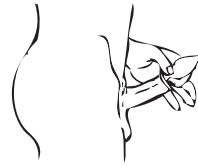
## Put your condom on the **RIGHT** way

- 1 Check the expiry date and make sure it has not passed. Tear the packet carefully with your fingers. Do not use sharp objects such as scissors or your teeth. Remove the condom carefully.



- 2 Blow gently on the condom to identify the tip (nipple or reservoir). Pinch the tip of the condom with your fingers to let out the air, as air can reduce sensitivity and cause breakage.

- 3 While pinching the tip of the condom, place the rolled up condom at the top of the erect penis and unroll it slowly all the way down to the base of the penis.



- 4 Immediately after orgasm, before you lose your erection, withdraw your erect penis while holding the rim of the condom with two fingers. If you are going to have more sex, wash your penis carefully and use another condom. Do not reuse the same condom.

- 5 Do not flush the condom down the toilet. Wrap the condom in tissue and throw it in the dustbin.

**NB:** When withdrawing the penis from the vagina be sure to hold the base of the condom to prevent it from spilling sperm onto the vagina or anus. If there is an accidental spill of sperm in or near to the opening of the vagina, you can gently apply spermicidal cream, jelly or foam.

**Do not reuse the condom and  
do not flush it down the toilet**