

Male condom instruction



1 Check the date on the condom package



2 Open the package. Watch out with sharp nails and jewellery. Never use scissors. They can damage the condom.



3 Make sure the ring of the condom is on the outside.



4 Close the tip of the condom with two fingers. This prevents air slipping into the condom and prevents the condom from tearing



5 Still hold the tip with two fingers and roll down the condom with the other hand all the way down to the base of the erect penis. Make sure there is enough space in the tip. That's where the semen collects.



6 After ejaculation, withdraw the penis before it softens. During withdrawal, hold the condom ring at the base of the penis, so the condom doesn't slip off and stays in the vagina.



7 Make a knot in the condom. This way the semen will be trapped in the condom. Before throwing it away, you can place the condom back in the package or wrap it in paper.



8 Do not throw the condom in a toilet. This may cause obstruction of the toilet.

If you use a condom this way whenever you have sexual intercourse, a condom

is a very safe way of preventing pregnancy and STI & HIV/AIDS infections!

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What can go wrong?

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- **The condom may burst or tear.** This can happen if the tip was not squeezed properly and air managed to get in.
- **The condom may slip off.** This can happen if you wait too long with withdrawing the penis from the vagina.

What to do when it went wrong?

If you find out the condom tore during sexual intercourse, you and your partner should visit a health clinic to discuss emergency contraception (only applicable within 72 hours after the incident) or get a pregnancy test. You and your partner both need to get tested for STIs and HIV.

More you should know....

- Never use two condoms at the same time. The rubber might tear.
- Use a condom only once.
- You can't unroll it? Take a new condom.
- Use a condom with extra lubricant for anal sex (never oil!).
- Use water-based lubricant. Oil will damage the rubber.
- Keep condoms away from sun, heat and light. This can dry them out and condoms might break easily.
- Don't use oils or lotions with a condom. Oils and lotions weaken condoms and make them more susceptible to tearing.

And: always use a new condom, every time you are going to have sexual intercourse.