

Family Planning

Welfare Association of NT Inc.

ABN 38 812 238 738

Family Planning Welfare Association of the NT Inc exists to provide quality health care and education services in reproductive and sexual health

CONDOMS

When you practice protected sex you avoid unplanned pregnancy, and protect yourself and others against STI's.

FREE CONDOMS available at our clinics.

WHAT ARE CONDOMS?

A condom is a sheath which is rolled on to an erect penis BEFORE sex occurs. Condoms are a method of contraception **and** a protection against sexually transmitted infections (STI's). Condoms are made of fine strong latex rubber and come in various colours, types (e.g. ribbed, studded), and with or without lubricant.

Non-Latex condoms are now available in Australia at Chemists and larger Supermarkets.

HOW DO CONDOMS WORK?

By collecting the male's semen in the end of the condom so the sperm does not enter the vagina and uterus (womb). Condoms protect each partner from direct contact with the other person's genitals.

HOW EFFECTIVE ARE THEY?

Condoms are 82% effective.

WHERE CAN YOU BUY CONDOMS?

Condoms are relatively cheap. No doctor's prescription is necessary. Available through Chemists, Family Planning Clinics, some supermarkets, and petrol stations, University and Hotel vending machines.

DO'S AND DON'TS FOR CONDOM USAGE

DO

- **Do** check the condom is within the use by date.
- **Do** hold the teat to squeeze the air out before rolling onto the penis.
- **Do use water-based lubricants only.**
- **Do** keep your condoms in a cool spot.
- **Do** be careful not to tear the condom with rings, sharp fingernails, teeth etc.
- **Do** hold the base of the condom on the penis as it is withdrawn from the other person.
- **Do** use a new one each time you have sex

DON'T

- **Don't** use oil based lubricant.
- **Don't** keep condoms in hot places
- **Don't** use them after the use by date.
- **Don't** put them down the toilet after use
- **Never** reuse a condom

HOW TO USE A CONDOM

1. First check the use-by-date (*very important in the NT as rubber perishes more quickly in hot weather*).
2. Open the packet carefully.
3. Hold the teat between thumb and forefinger to squeeze out the air, and then either partner can unroll the condom on to the erect penis before any vaginal, anal or oral contact.
4. After ejaculation, the condom should be held firmly at the base of the penis and the penis withdrawn while it is still erect to prevent leakage of the semen, or the condom falling off inside the

partner. Check for any tears.

5. Disposal - it is important that condoms be disposed of in a safe and hygienic manner (i.e. wrap in bag/tissue and discard in bin).

6. Do not reuse the condom. Condoms are meant for single use only.

7. Use of a water-based lubricant such as KY Jelly, Wet Stuff etc. on the outside of the condom will help reduce the risk of tearing. **Do not** use oil-based lubricants such as Vaseline, massage oil, as these will weaken and possibly break the condom.

SIDE EFFECTS

Almost none - very few people may be allergic to the rubber (in which case use non-latex) or the lubricant.

COMMON FAILURES WITH CONDOMS

Most failures are due to incorrect use:

- slipping off as a result of not withdrawing immediately after ejaculation.
- tears from fingernails.
- bursting because the air at the tip has not been expelled, or space has not been left in condoms where there is no tip.
- vagina-penis (or anus-penis) contact occurring before the condom is used.

EMERGENCY CONTRACEPTION

If the condom does break, emergency contraception is available to avoid pregnancy. It must be taken **within 120 hours** of either failure of a condom, or failure to use a contraceptive. The earlier, the better. The emergency contraception can be obtained from a Family Planning Clinic, or over the counter from some Chemists, or from a Doctor.

USE OF SPERMICIDES WITH CONDOMS

Spermicides are chemical contraceptives that kill sperm. Recommended brands are Orthocream, Orthogynol jelly, Delfen Cream/Foam. Since the pregnancy rate among reliable condom users is low, it is not clear at this point if using spermicide is more effective. Discuss usage with your doctor or nurse.

For further information call:

Family Planning NT 8948 0144 or visit www.fpwnt.com.au

Call NT Health Direct 1800 022 222