

How do you use them?

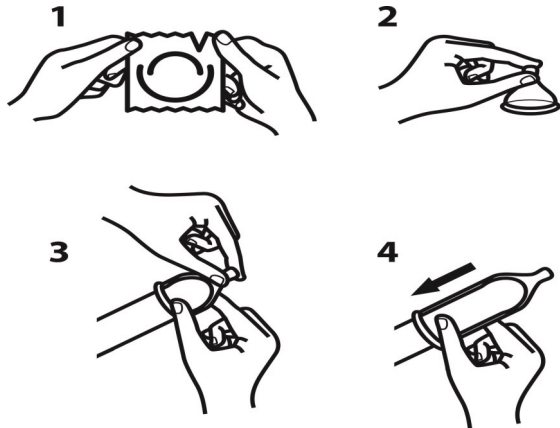
Condoms are individually wrapped. Carefully open the packet, making sure you do not tear the condom.

Make sure the thick rim is rolled towards the centre on the side facing you. This is important as it will then roll down properly.

Hold and squeeze the tip of the condom with your thumb or fingers therefore leaving a little space for semen to be collected.

The penis must be erect before you put it on. Roll the condom all the way down to the base of the penis.

Add additional water based lubricant on the outside of the condom if desired.



After sex and before the penis has become soft, holding onto the condom at the base of the penis so that the condom does not come off and semen does not leak, carefully pull away from your partner.

Take off the condom and tie a knot in the open end to keep semen inside the condom. Wrap the condom in a tissue or paper and put it in the bin. Do not flush it down the toilet.

For further information please call:
ph: (08) 89480144
or
visit www.fpwnt.com.au

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Head Office — Darwin
Unit 2, The Clock Tower,
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updated April 2021

Family Planning
Welfare Association of NT Inc.

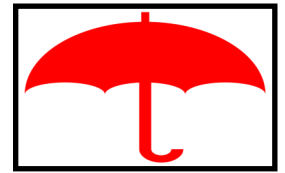
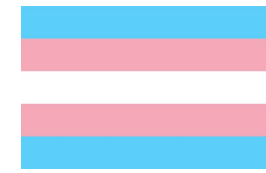
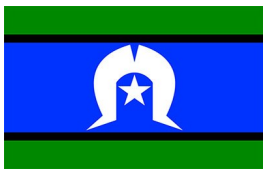
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The Male Condom (External)



MISSION STATEMENT

Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.



What is a condom?

The condom comes in two types. They are commonly know as:

1. "Male condom" — external condom which is worn on the outside of the penis
2. "Female condom" — internal condom which is worn inside the vagina

What is the male condom?

It is a thin, soft sheath which is open at one end and closed on the other. The most common type is a fine latex rubber sheath but non latex condoms made from other materials including polyisoprene are also available.

Condoms are packaged already lubricated, however, extra water-based lubricant can be used on the outside of the condom.

There are many brands, sizes and flavours.

The male condom can prevent pregnancy during vaginal sex and sexually transmitted infections (STI's) during vaginal, anal and oral sex.

Condoms can only be used once, then they must be thrown away.

How does the male condom work?

The male condom is rolled onto an erect (hard) penis before having sex.

It works by collecting semen, the fluid that contains sperm, so that the sperm cannot reach the uterus.

It also provides a barrier to prevent the transmission of STI's through skin to skin contact or transfer of body fluids.

How well does the condom work?

When used correctly, condoms are 98% effective at preventing pregnancy when they are used correctly.

In real life they can be less effective (88%) because of incorrect use or breakage.

Condoms are the most effective way to prevent STI's when used correctly.

If you think the condom hasn't worked the ECP (emergency contraception pill) is available from pharmacies over the counter. After unprotected sex, the ECP can be used within the next 120 hours to reduce the risk of unplanned pregnancy.

Remember it is also important to have an STI test.

Ring FPWNT for more information.

Important things to remember with Condom use

For condoms to work best you must ALWAYS:

- Make sure you use a new one every time
- Take care to put it on correctly
- Use it for the entire time you are having penetrative sex
- Take it off correctly so it doesn't leak
- Do not use oil based lubricants
- Check the expiry date

Side Effects

There are no side effects, unless if you are allergic to latex rubber or to the lubricant.

If either person gets a rash or any discomfort check with your doctor or FPNT clinic.

Where can I get condoms?

Condoms are available from Family Planning NT clinics ,free of charge.

They also can be found at supermarkets, pharmacies, sexual health clinics and online.