

CONDOM AND ITS PROPER USAGE TECHNIQUE

Condom is one of the barrier methods of contraception. They are made by using either latex or polyurethane, which cannot be penetrated by sperm, STIs or HIV, so it provides dual protection, helps in avoiding unwanted pregnancies and gives protection against STIs. Therefore promotion of the use of condoms and ready accessibility of condoms is important for the control of STIs and HIV. Management of STIs includes counseling on preventive measures and use of condoms. All health facilities providing STI services must always have in stock the essential drugs and condoms. The necessity of using condoms must be explained to the Clients along with the advice on the treatment schedule and important for compliance of the full course of medicines prescribed.

General Instructions for Condom Use

Remember:

- The condom does not include spermicide. If you want additional protection, you must add your own spermicide.
- Because it is made from polyurethane, you can use oil-based lubricants with the condom.
- Use a new condom each time you have sex.
- Use a condom only once.
- For best results, store condoms in a cool, dry place.
- Do not use a condom that may be old or damaged.

Do not use a condom if:





- The package is broken.
- The condom is brittle or dried out.
- The color is uneven or has changed.
- The condom is unusually sticky.


Annexure-2

Male Condom

Most male condoms are made of latex, while some are made of polyurethane. Male condoms are of two types: Non lubricated and lubricated.

Box A2.1: How to use a male condom

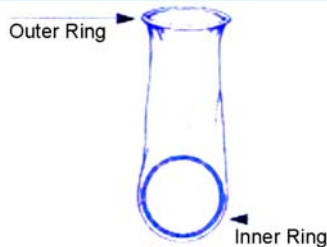
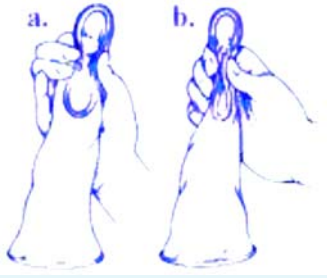
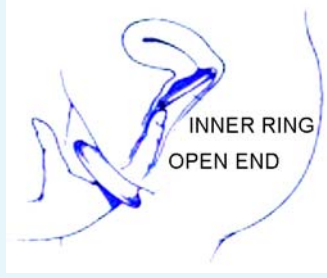
	<p>Step-1: Open Package</p> <ul style="list-style-type: none"> • Use a new condom each time you have sex • Check that it has not expired and that the packaging has no holes by pressing the pack between your fingers • Push condom to one side of package to allow room to tear open other side • Remove condom carefully • DO NOT use finger nails, teeth or sharp objects to open package or remove condom
	<p>Step-2: Put it on</p> <ul style="list-style-type: none"> • Squeeze closed top end of condom to make sure no air is inside (can make it break) • Place condom over top of erect penis • With other hand, unroll condom gently down the full length of your penis (one hand still squeezing top end)
	<p>Step-3: During sex</p> <ul style="list-style-type: none"> • Make sure condom stays in place • If it comes off, withdraw your penis and put on a new condom before intercourse continues • Once sperm has been released into condom (ejaculation), withdraw the erect penis and HOLD the condom in place on penis
	<p>Step-4: Dispose of condom</p> <ul style="list-style-type: none"> • Remove condom ONLY when penis is fully withdrawn • Keep both penis and condom clear from contact with your partners body • Knot the end of the used condom

	<ul style="list-style-type: none"> • Place in tissue or bag before throwing it in dustbin • DO NOT flush condoms down the toilet. It will block the system
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Female Condom

Female condoms are made of polyurethane. One advantage of it over the male condom is that its size and shape enable it to cover the wider surface area including some of the external genitalia, thus it may offer additional protection against infections that can be transmitted by contact with skin normally not covered by a male condom. However, the female condom is expensive. It is freely available in open market but not yet included in the National family Welfare program.

Box A2.2: How to use a female condom

	<p><u>Before Intercourse</u></p> <p>Step 1 : Open Package</p> <ul style="list-style-type: none"> • Remove the female condom from the package, and rub it between two fingers to be sure the lubricant is evenly spread inside the sheath. If you need more lubrication, squeeze two drops of the extra lubricant included in the package into the condom sheath.
	<p>Step 2 : Put it in</p> <ul style="list-style-type: none"> • The closed end of the female condom will go inside your vagina. Squeeze the inner ring between your thumb and middle finger.
	<p>Step 3 : Assure right position</p> <ul style="list-style-type: none"> • Insert the ring into your vagina. Using your index finger, push the sheath all the way into your vagina as far as it will go. It is in the right place when you cannot feel it. Do not worry, it can't go too far. <p><i>Note: The lubrication on the female condom will make it slippery, so take your time to insert it.</i></p>

Annexure-2

	<p><u>During sex</u></p> <p>Step 4 :</p> <ul style="list-style-type: none">• The ring at the open end of the female condom should stay outside your vagina and rest against your labia (the outer lip of the vagina). Be sure the condom is not twisted.• Once you begin to engage in intercourse, you may have to guide the penis into the female condom. If you do not, be aware that the penis could enter the vagina outside of the condom's sheath. If this happens, you will not be protected.
	<p><u>After Intercourse</u></p> <p>Step 5: Dispose of condom</p> <ul style="list-style-type: none">• You can safely remove the female condom at any time after intercourse. If you are lying down, remove the condom before you stand to avoid spillage.• Throw the female condom away. Do not reuse it.

During intercourse remember to remove and insert a new female condom if: condom rips or tears during insertion or use, the outer ring is pushed inside, the penis enters outside the pouch, the condom bunches inside the vagina, or you have sex again.