

EXTERNAL CONDOM

What is it?

A soft disposable sheath made from latex or polyurethane (non-latex) that fits over the erect penis to prevent the exchange of body fluids. It can be used for vaginal, anal or oral sex.

How it works

- It fits over the erect penis
- Prevents direct contact between the penis and the vagina, anus or mouth
- Traps the sperm in the condom so it cannot fertilize the egg
- Reduces but does not eliminate the spread of sexually transmitted infections (STIs) and human immunodeficiency virus (HIV)

Advantages

- Available without a prescription
- Costs less money than other birth control methods
- No hormones
- Available in different shapes, colors, and flavors
- Latex and polyurethane condoms help protect against some STIs
- May help to prevent premature ejaculation

Considerations

- Must be available at the time of sex
- Must be stored in a cool dry place and handled properly
- Requires high motivation to use is correctly each time you have sex
- May slip or break during sexual activity
- Condoms expire
- May reduce sensitivity for either partner
- Lambskin condoms and condoms labelled for novelty use are not recommended

How to use a condom

- Check expiry date
- Pinch the tip of the condom to create a space to collect semen and roll the condom down the entire shaft of the penis. If uncircumcised, pull back the foreskin
- Use water-based lube only (the more slippery the condom the less likely it is to break or come off during sex)
- Soon after ejaculation (cumming) hold the condom at the base so it won't slip off and pull out holding onto the base of the penis and the condom
- Throw the condom in the garbage, not the toilet
- Remember to use a new condom if switching from one sex act to another (I.e. from oral to vaginal sex) regardless of ejaculation

Typical Effectiveness

- 85-98% effective

The Society of Obstetricians and Gynecologists of Canada
www.sexandu.ca

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