

Condom

What is it?

The male condom is a soft cover made from latex or polyurethane (a thin, non-latex plastic) 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

- 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, sizes, colors, and flavors
- Latex and polyurethane (non-latex) condoms help protect against some STIs
- May help to prevent early 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 it correctly each time you have sex
- May slip or break during sex
- Condoms expire
- May reduce sensitivity for either partner
- Lambskin condoms and condoms labeled 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 success rate

Successful for 8.5 to 9.8 people out of 10

For more information please contact The Clinic at 519-663-5446.

References

¹Brick, P. (1996) The new positive images: Teaching abstinence, contraception and sexual health

²The Society of Obstetricians and Gynecologists. (2009).

Choosing a contraceptive that is right for u. Retrieved from <http://www.sexualityandu.ca>

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