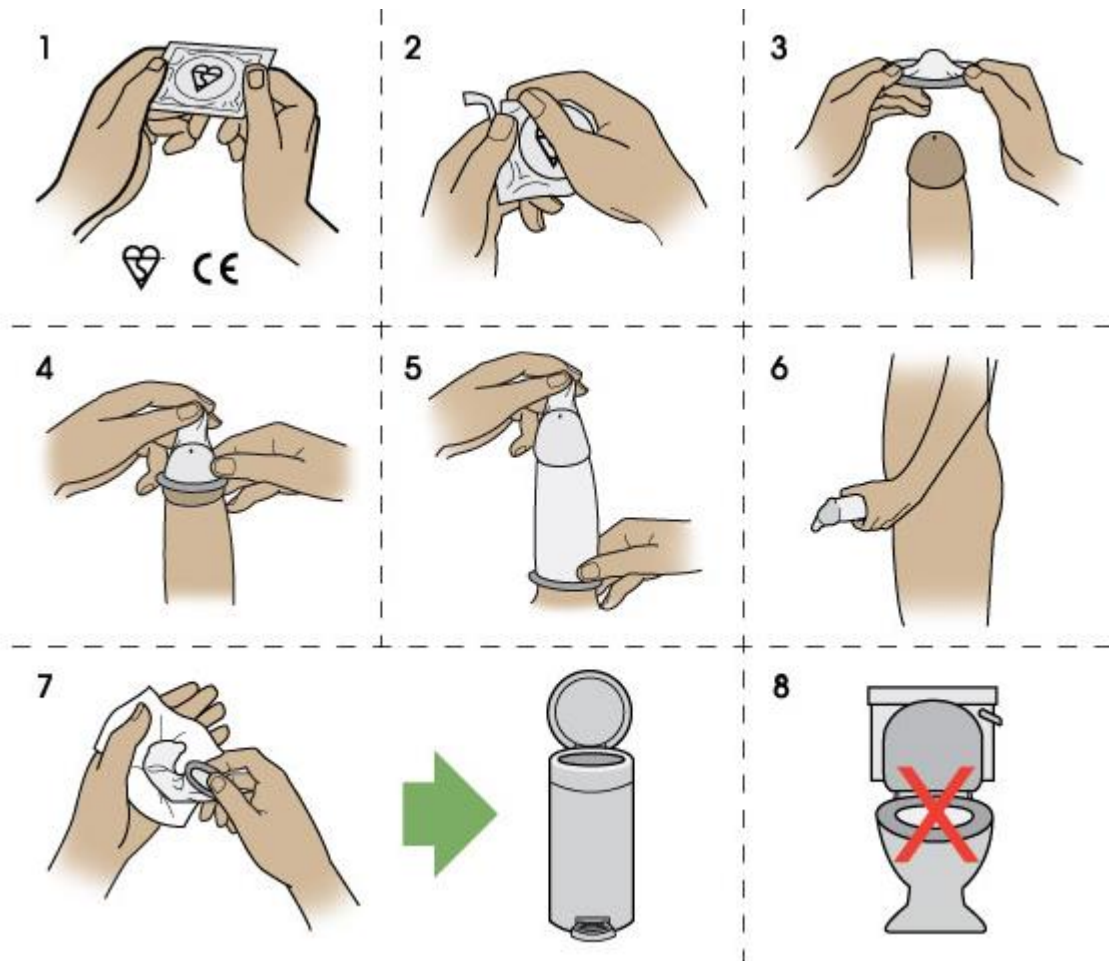


How to use a condom



- Check that the condom foil is intact, that it is within the expiry date and that it has the BSI kitemark or CE mark
- Tear along one side of the foil making sure that you do not damage the condom with sharp fingernails or jewelry as you squeeze the condom out
- Put the condom on when the penis is erect, but before contact with your partner as fluid is often released in the early stages of an erection. This can cause pregnancy and pass on an infection
- Hold the condom teat between the thumb and finger making sure the condom is the right way for unrolling. This expels air from the teat reducing the chance of it bursting.
- Using your other hand unroll the condom down the entire length of the penis, whilst still holding the teat. Make sure the condom stays in place during sex. If the condom should come off then open a new condom and put it on before continuing sex. If this happens, the female should attend for emergency contraception as a precaution against unintended pregnancy and both partners should get checked out for possible STIs
- After ejaculation make sure you hold the base of the condom in place as you withdraw, only when the penis is completely withdrawn can you remove the condom. Make sure you keep the penis and used condom away from the vagina and anus
- After use make sure you dispose of the condom hygienically, wrap it in a tissue and place it in a waste bin
- Do not flush it down the toilet. Condoms can sometimes block a toilet, or come floating back up! Needless to say neither of these are going to look good!