

# Condoms

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor

*A condom is a thin rubber tube that fits over the penis during sex, forming a barrier to keep blood, semen or vaginal fluids from passing from one person to another during sex. Condoms are inexpensive, easy to use, easy to carry and don't require a prescription. Some people find that they make sex more comfortable, too.*

## Effectiveness

Condoms are 85% to 98% effective at preventing pregnancy when used properly, and this rate improves when they are used with spermicide. Condoms offer protection from STIs as well.

## Getting It

- Pharmacies
- Convenience stores
- Grocery stores
- Vending machines in washrooms
- Public Health Clinics
- STI testing sites
- Planned Parenthood Regina

## Using It

Before using a condom, always check the expiry date and for damage. A condom should be put on before any sexual contact begins, and it should be used with all oral, vaginal and anal sexual contact with all partners. Each condom should only be used once.

### Putting on a condom

- Tear along the side of the package carefully to open. Do not use scissors.
- Squeeze the tip of the condom to release any air.
- While holding the tip, place the condom over the erect penis.
- Be sure the rolled up ring is on the outside and then, using your other hand, gently unroll the condom down the shaft of the penis to the base.
- Leave about 1/2 inch at the tip of the condom to collect semen.

- Add a water-based lubricant to the outside of the condom if desired.
- After ejaculation, hold the base of the condom and withdraw the penis while still erect.
- Remove the condom and throw it in the garbage.
- A condom can also be used for oral sex by cutting the tip of the condom with scissors and then cutting down one side, making it into a rectangle (this is known as a dental dam).

## Side Effects

There are no side effects to using condoms.

## Common Questions

### Where should I keep condoms to protect them from damage?

Always store condoms away from heat or cold because extreme temperatures can reduce their effectiveness. Keep them in a safe place such as a shirt pocket, backpack or drawer, and never store them in a wallet, glove compartment or tight pocket.

### What if the condom breaks?

Try to prevent breakage by always pinching the tip of condom while putting it on to allow space for semen. Also, if you are using lubricant, make sure it's water soluble. Never use an oil-based product like Vaseline or hand lotion because these products can cause the condom to break.

If the condom does break, women can use a morning after pill like Plan B to prevent pregnancy. This is available at Planned Parenthood, from your doctor and at pharmacies. It is best to use this pill within 72 hours of unprotected sex, but you may be able to use it up to five days of the condom breaking. It's also important that both partners get tested for STIs after a condom breaks if they haven't already done so.

## Planned Parenthood Regina

### THE SEXUAL HEALTH EDUCATION PLACE

1431 Victoria Avenue, Regina, SK T: 306 522 0902  
www.plannedparenthoodregina.com

#### HOURS

|                     |      |        |
|---------------------|------|--------|
| Monday, Tuesday     | 9–12 | 1–5    |
| Wednesday, Thursday | 9–12 | 1–7:30 |
| Friday              | 9–12 | 1–5    |
| Saturday            | 1–5  |        |