



Condom



MINISTRY OF HEALTH



NATIONAL STD/AIDS
CONTROL PROGRAMME



Acknowledgement

Sincere appreciation would be bestowed to the WHO country office of Sri Lanka for funding to develop this publication.

Coordinator

Dr. Chandrika Jayakody

- Consultant Venereologist

Editors

Dr. Chandrika Jayakody

- Consultant Venereologist

Dr. Ajith Karawita

- Consultant Venereologist

Dr. Iruka Rajapaksha

- Consultant Venereologist

Dr. Anurudhna Karunaratne

- Acting Consultant Venereologist

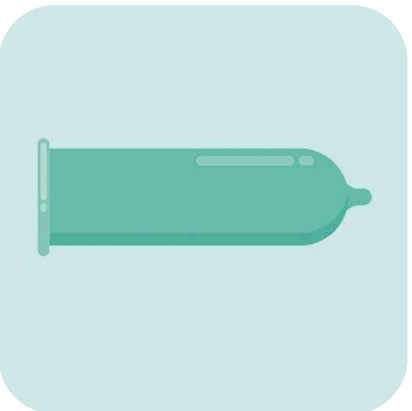
Dr. Champika Gunawardana

- Senior Registrar

content

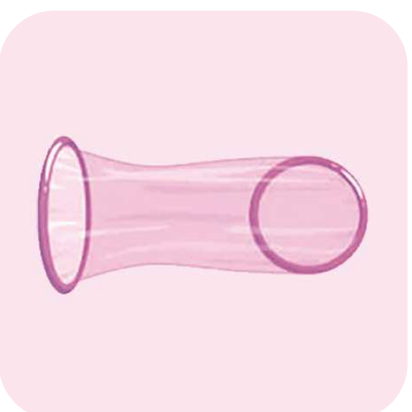
What is a condom	04
How to wear a male condom	06
Common errors in condom use	10
What to do in condom failures: rupture or slip	11
Common condom myths	12
Debunking condom myths	13
Types of condoms	14
How to wear a female condom	16
Approaches to condom negotiation	18
Additional benefits of condoms	21
Lubricants	22
How to use lubricants	24
Where can I get condoms or lubricants	27
Hotlines and contact details	28

What is condom?



Male Condoms

very thin protective covers
worn over the penis.



Female Condoms

very thin protective pouches
inserted and placed in the vagina.

Introduction

There are male condoms and female condoms (if possible show condoms to clients)
(Notes: Male condoms are popular and widely used whereas female condoms are less popular and used as female controlled method in some settings especially where the male condoms can not be negotiated)

What are the benefits?

It gives you dual protection. It protects you from unwanted pregnancies and sexually transmitted infections (like HIV, Gonorrhoea etc.). Further, it is cheap and freely available.
Condoms reduce the anxiety of unintended pregnancy and STI risk, and it can also be used as a pleasure device for sex (e.g. flavour, clitoral stimulation by rim etc.)

Made of what materials?

Condoms are generally made from thin latex rubber, polyisoprene or polyurethane.

How to wear a male condom

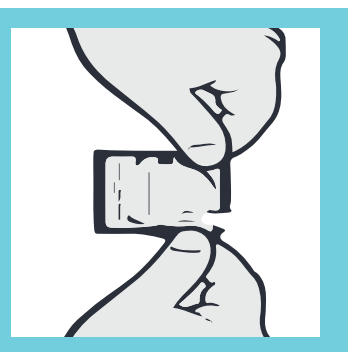
Rolled Up Ring



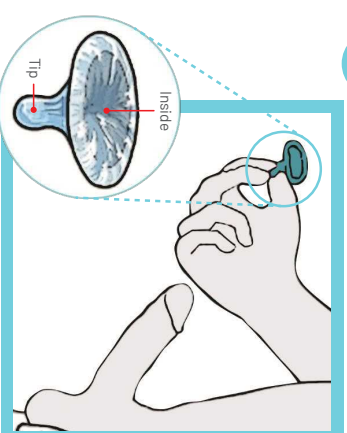
Correct Position



Incorrect Position



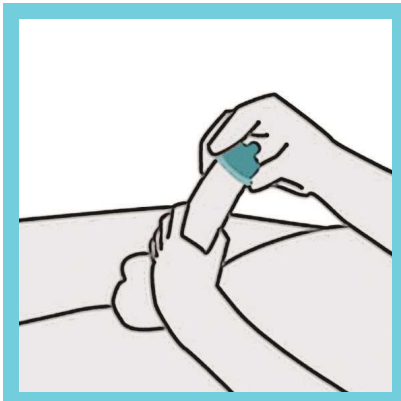
01



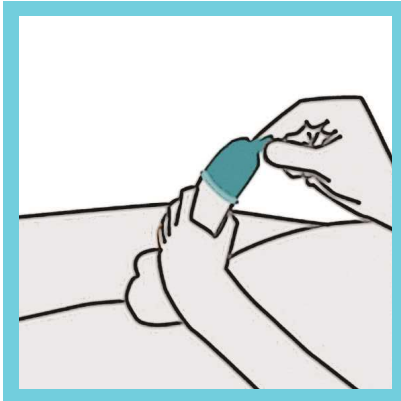
How to wear a male condom

- **Be ready**
Have a new condom pack, check the expiry date (if you want to keep sometime, store in a safe place, avoid excessive heat, moisture, direct sunlight and contact with sharp objects)
Before use, check the pack and squeeze and feel the air bubble (package integrity test)
- **Unpacking**
open the pack carefully along the free edge (avoid using scissors or teeth)
- **Make sure the right side**
Rolled-up ring should be on outside and the tip should be up like a hat.
- **Wearing**
Pinch the air out of the tip and place on the glans of the erect penis (retract the foreskin if present). Unroll the rolled-up ring along the shaft of the penis to the base. Put it on **BEFORE** the penis touches a partner's mouth, vagina or anus.

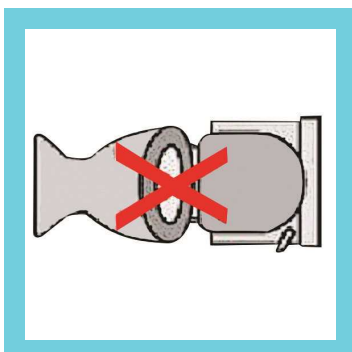
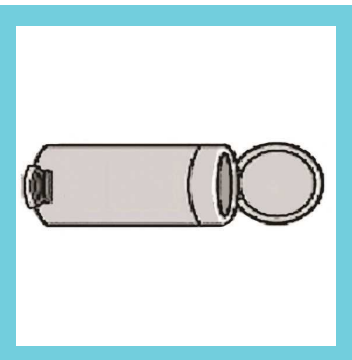
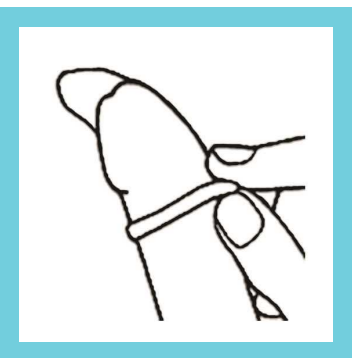
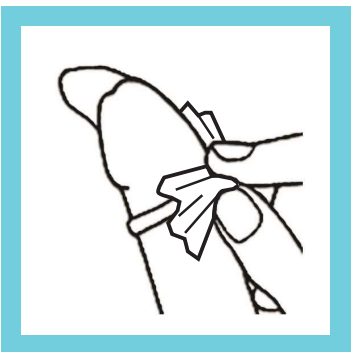
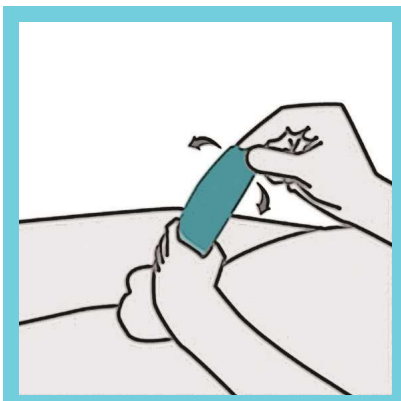
02



03



04



How to wear a male condom cont.

- **During sex**
Keep the condom whole time having sex.
- **Removing**
After sex withdraw the penis before completely loosing the erection (If erection is very low, hold the rim when withdrawing the penis). Then carefully slide the condom by holding the rim by fingertips. Alternatively you can use a tissue or piece of paper to remove the condom.
- **Disposal**
Dispose hygienically by wrapping in tissue to a bin (Don't flush used condoms in commodes). Condoms must only be used once.

Common errors in condom use



- Not using condoms throughout sexual intercourse
- Not squeezing air from the tip and leaving a space
- Putting the condom on inside out
- Use of non-recommended lubricants such as domestic oils, creams etc.
- Incorrect withdrawal

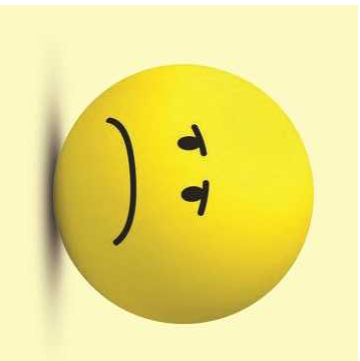
What to do in condom failures: rupture or slip



Condom failures are mainly due to technical errors in condom use

- **Pregnancy prevention**
Emergency contraception is indicated.
- **STI prevention**
Advice to seek STI care for risk assessment and post exposure prophylaxis.
- **High risk exposures**
Recommend Post-exposure prophylaxis (PEP) for HIV as early as possible (within 72 hours of condom failure).
- **Prevention of condom failures**
Discuss how to prevent errors in condom use. (incorrect technique, use of oil based lubricants and storage issues etc.).

Common condom myths



Condoms reduce pleasure



If trustworthy,
No need condoms



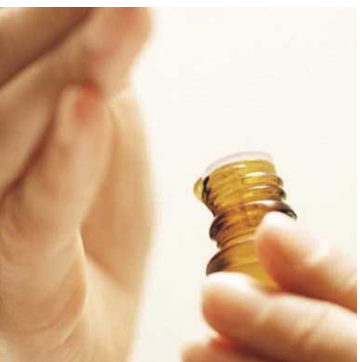
No need condoms
for oral sex



Double condom
more protection



Condoms reduce erection



Domestic oils, creams are okay with condoms



Condoms promote promiscuity



Condoms are illegal

Debunking condom myths

- **Condoms reduce pleasure**
Pleasure is a mind business, pleasure reduce more with the fear of STIs and pregnancy. Thin condoms, studded condoms increase the pleasure and prolong the duration of pleasure.
- **If trustworthy, No need condoms**
This is false, trustworthiness is questionable and doubtful. Therefore, use a condom.
- **No need condoms for oral sex**
Although the risk is low, STIs can transfer through oral sex
- **Double condom for more protection**
No proven added safety.
- **Condoms reduce erection**
Rubber rim of the condoms can help to sustain erections and prolong sex (rim effect). Can get partners help for the wearing of the condom.
- **Domestic oils and creams are okay with condoms**
Domestic oils, and creams weaken the latex condom and reduce the protection. Use only water based lubricants.
- **Condoms promote promiscuity**
No evidence to say that condoms promote promiscuity.
- **Condoms are illegal**
Condoms are registered medical device. Police cannot arrest or prove prostitution based on the possession of condoms.

Types of condoms

Flavoured condoms



Strawberry flavour



Grapes flavour



Banana flavour



Chocolate flavour

Types by surface nature



- Plain condoms
- Studded condoms (dotted, ribbed, spike condom combination studded etc.)
- Anatomical condoms (contoured condoms)

Types of condoms

Type Sub-types and descriptions

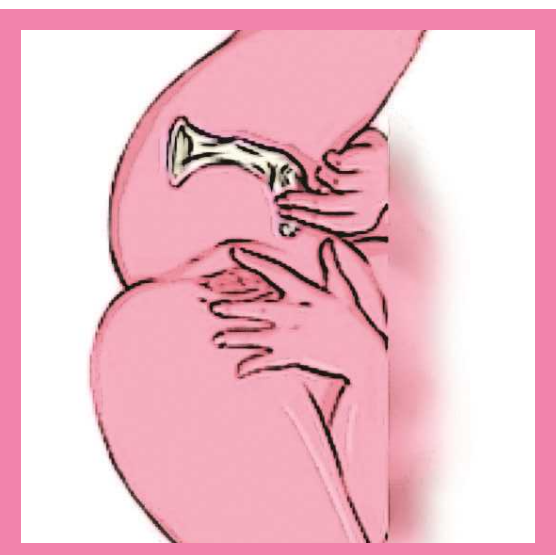
Flavoured	Flavoured (orange, strawberry, banana, chocolate etc)
Surface nature	<ul style="list-style-type: none">○ Plain condoms (Preethi, Durex)○ Studded condoms (dotted, ribbed, spike condoms, combination studded etc)○ Anatomical condoms (contoured condoms)
Thickness	<ul style="list-style-type: none">○ Regular (Preethi, Durex)○ Thin (polyisoprene, polyurethane)○ Extra thick (durex, safe for anal sex)
Climax control (climax delay)	Benzocaine coated condoms for longer duration (Stamina, MOODs all night, Durex Performa, Casanova delay)
Material type	<ul style="list-style-type: none">○ Latex rubber (natural rubber)○ Polyisoprene (SKYN)○ Polyurethane (female condoms in SL)
Glow	Glow in the dark condoms
Fire/Ice	<ul style="list-style-type: none">○ Fire & Ice condoms

How to wear a female condom



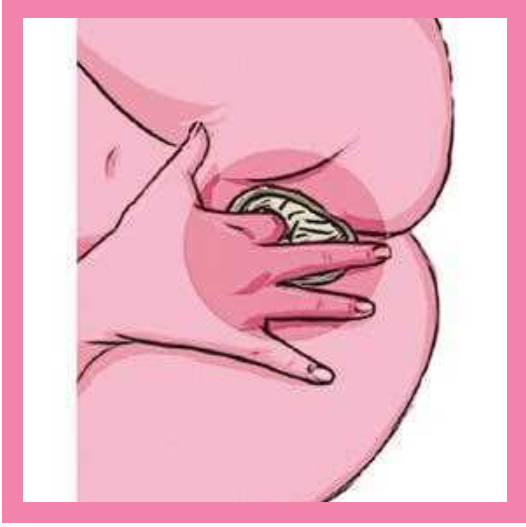
Step 01

Hold the sides of the inner ring together similarly to holding a pencil.



Step 02

Insert the inner ring and condom into the vagina.



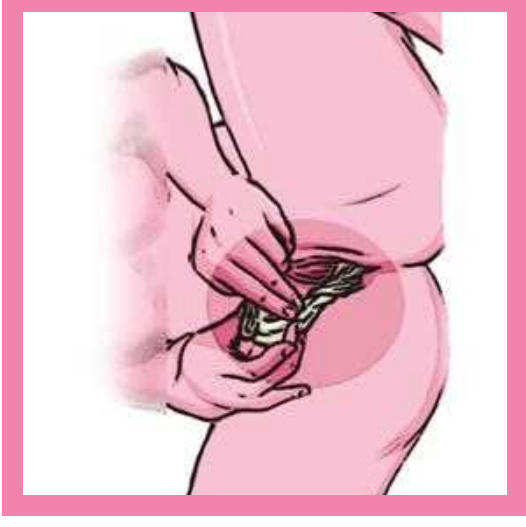
Step 03

Put it in and push it further up with the finger. Once it reaches the cervix, it will naturally expand and you won't be able to feel it anymore.



Step 04

Once condom is inserted and ready for sex, have the partner guide his penis into the outer ring that is hanging outside of the vagina.



Step 05

Once the man ejaculates, can remove and dispose of the female condom. Take the condom out by twisting it without touching the inner surface.

Approaches to condom negotiation

01 Direct request (DR)



Directly ask partner to use condoms

02 Withholding sex (WH)



Refuse to have sex without a condom

03 Relationship conceptualizing (RC)

I care about our relationship so to be safe shall we use a condom



04 Risk information (RINF)

If you use a condom we can protect ourselves from STIs and HIV



Express care and concern for a partner and the relationship

Give HIV and STI risk information

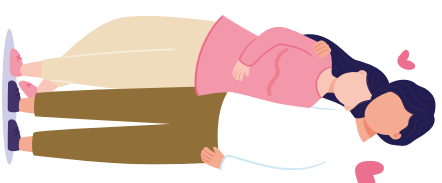
05 Deception (DCP)



I don't wish to become pregnant so shall we use a condom

Give deceptive reasons to use condoms such as pregnancy prevention when true reason is HIV and STI prevention

06 Seduction- non verbal (SED)



Non-verbal- gets partner sexually aroused then brings out a condom

Additional benefits of condoms



Male condom

Therapeutic device for sexual dysfunction
eg:- benzocaine containing condoms for premature ejaculation.

Female condom

- Not affect with foreplay and can put in up to 8 hours in advance of sex.
- No need to remove penis just after ejaculation.
- Provide extra stimulation to clitoris from the outer ring.
- Empowerment of female to make decision on protection.

Lubricants (Lubes)

What is a lubricant?

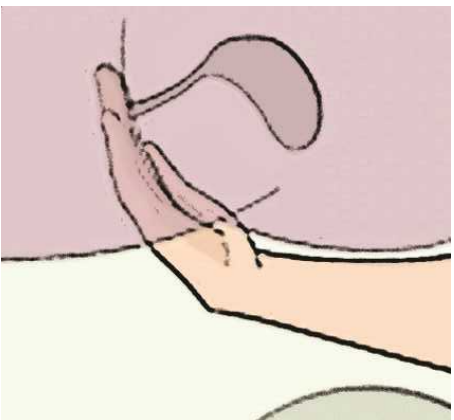
What are the uses of
lubricant in sex?



Important points to know about lubricants

- **What is a lubricant or lube**
Lubricant is a liquid, or a gel used during sexual acts to reduce friction and micro-abrasions and to ease penetration.
- **Where is it applied**
It can be applied on anal area, vulva, vagina, penis or on sex toys to make them more slippery and wet (If condoms are used apply after wearing over the male condoms or inside in female condoms).
- **Why do we use lubricants**
When extra lubrication is needed: (1). to overcome vaginal dryness which cause discomfort, (2). to enhance pleasure, (3). to make sex safer as it prevents injury or micro-abrasions during sex (4). prevent condom break and slip, (5). to get lubrication in anal sex. (6). when using sex toys.
- **Lubricant commercial packs**
Lubricants come in single use sachets or tubes.
- **Types of lubricants**
Choose a water-based lubricant as it is safe with condoms. Silicone and oil-based lubricants can damage condoms and may cause irritation. There are different flavors, also some lubricants create different sensations like cooling or warm effect, tingling sensation, and some can delay ejaculation.
- **Caution**
Baby oil or baby cream should not be used as lubricants.
- **Allergies**
Allergies are very rare, but there can be instances which need discontinuation. Lubricant are not essential for lubricated condoms.

How to use lubricants



How to use lubricants

- Open the sachet or tube and put 1-2 drops directly on to the genitals (or sex toys) for application. or
- You can put the gel on to the fingers for application at sex sites (penis, vagina, anus etc.). or
- Apply on to the outside of the worn condom before putting it in; Keep adding drops to the sex sites or toy until you feel like it slides comfortably.
- Get immediate action if you have signs of allergic reaction.

Be aware !



Some persons are **allergic to condoms and lubricants**

- **Onset of allergic reactions**

It usually starts within 5-15 minutes after coming into contact with the latex, although it can be delayed for several hours or days.

- **Presentation**

Person will feel itching, redness, swelling and irritation (burning sensation) in places where your skin came into direct contact with the condom or the lubricants.

Rarely, the whole body will have itching, urticaria and flushing of the face and swelling in areas.

- **Advice**

Inform to stop using condom and/or lubricant and seek medical advice to manage the reaction. Give information about alternative brands of condoms or lubricants.

Where can I get condoms or lubricants



You can obtain it free of charge from

- Island wide government STD clinics
- MOH offices
- Condom dispensers fixed in your district
- NGO projects conducted through Family Planning Association (FPA)

Condoms can be purchased from

- Pharmacies
- Supermarkets
- Condom vendor machines maintained by NGOs

Hotlines and contact details

Province	Clinic	Contact Number	Province	Clinic	Contact Number
Central	Kandy	081-2203622	Sabaragamuwa	Kegalle	035-2231222
	Matale	066-2053746		Rathnapura	045-2226561
	Nuwara Eliya	052-2223210		Embilipitiya	047-2230261
	Dambulla	061-2284761			
Eastern	Nawalapitiya	054-2222261	Southern	Balapitiya	091-2256822
	Ampara	063-2224239		Galle	091-2245998
	Batticaloa	065-2057078		Hambanthota	047-2222247
North central	Kalmunai	067-2223660	Uva	Matara	041-2232302
	Trincomalee	026-2222563		Thangalle	047-2240261
	Anuradhapura	025-2236461		Badulla	055-2222578
North western	Polonnaruwa	027-2225787	Western	Monaragala	055-2276826
	Chilaw	032-2220750		Mahiyanganaya	055-4936779
	Kurunegala	037-2224339		Colombo	011-2667163
	Kuiyapitiya	037-2281261		Kalubowila	011-2763893
Northern	Puttalam	0322 265 261		Awissawella	036-2222003
	Jaffna	021-2217756		Ragama	011-2960224
	Vavuniya	024-2224575		Gampaha	033-2234383
	Kilinochchi	021-2283709		Negombo	031-2239016
Mannar	Mullaitivu	021-2061414		Wathupitiwala	033-2280261
				Kalutara	034-2236937
				Panadura	038-2232261
			Homagama	011-2855200	

List of contributors

Dr Rasanjali Hettiarachchi	- Director, NSACP
Dr Lilani Rajapaksa	- Deputy Director, NSACP
Dr Chandrika Jayakody	- Consultant Venereologist
Dr Ajith Karawita	- Consultant Venereologist
Dr Lasanthi Siriwardhana	- Consultant Venereologist
Dr Nimali Widanage	- Consultant Venereologist
Dr Dulari Liyanage	- Acting Consultant Venereologist
Dr Iresh Jayaweera	- Acting Consultant Venereologist
Dr Damindu Thantrige	- Acting Consultant Venereologist
Dr Rachini Perera	- Acting Consultant Venereologist
Dr Champika Gunawardana	- Senior Registrar
Dr Udari Gallage	- Senior Registrar
Dr Gayan Mahakumbura	- Senior Registrar
Dr Sampath Edirisuriya	- Medical Officer
Ms Damayanthi Thalagala	- PHNS
Mr Hiran Mannapperuma	- PHI





MINISTRY OF HEALTH



NATIONAL STD/AIDS
CONTROL PROGRAMME