

# All about Male Condoms and Spermicides

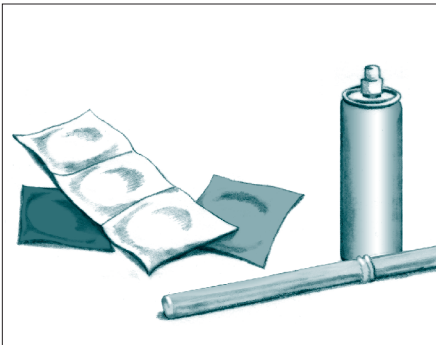
**Condoms and Spermicides work together to help protect you from pregnancy.**

Condoms fit over the man's erect penis. Sperm are kept inside the condom and can't get to the woman's egg.

Spermicides cover the woman's cervix and kill the man's sperm.

Spermicides come in foam, gel, cream, film, or suppositories.

Condoms and Spermicide can be used alone, but work better if both are used together.



Condoms and spermicide are most effective when used together.

## How do Condoms and Spermicides work?

Condoms help keep the man's sperm out of the woman's vagina. Condoms are made of strong latex or plastic. The woman should use Spermicide at the same time the man uses the condom. Some Condoms are made with Spermicides on them. If the condom breaks or leaks, the Spermicide will help kill the man's sperm.

Condoms also help prevent the infections that can be spread during sex. Using Spermicides without Condoms will *not* prevent sexual infections.

## How well do Condoms and Spermicides work?

- About 18 out of 100 women whose partners use Condoms get pregnant in a year.
- About 28 out of 100 women who use Spermicide alone get pregnant in a year.

## What do people like about using Condoms and Spermicides?

- You can buy Condoms and Spermicides in any drugstore or supermarket.
- They cause no health problems.
- Condoms will help protect you from HIV (the virus that causes AIDS) and other sexual infections.
- For some men, Condoms make sex last longer.
- Both partners are involved in preventing pregnancy.

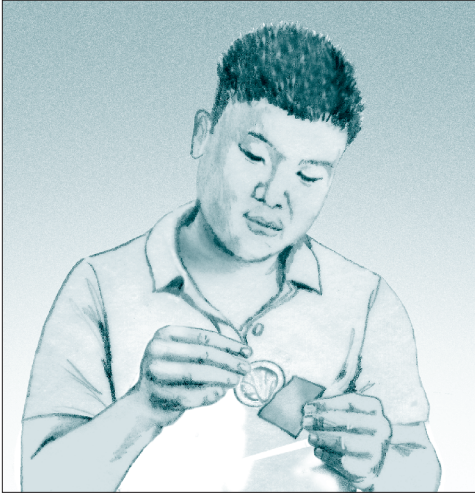


Ask your Family PACT provider to tell you about using condoms and spermicides.

## What do some people dislike?

- You may have to stop what you are doing to use them.
- The Spermicide may irritate the vagina or penis.
- You must use a new condom and put in more Spermicide every time you have sex.
- It may lessen sensations.
- Both partners need to be involved in the success of the method.

# Use a new condom every time you have sex.



Open the package carefully.

## How to use a condom

Use a new condom every time you have sex. Put the condom on before the penis touches the partner's vagina, anus, or mouth.

- Open the package with care, so you don't tear it.
- Hold the tip of the condom to squeeze out the air.
- Roll the condom onto the erect penis.
- Use a water-based lube with the condom to make it feel sexier.
- After the man comes, hold onto the base of the condom as the penis is pulled out.
- Carefully take the condom off and throw it in a trashcan. Do not flush it down the toilet.
- Use a new condom with each sex act. Do not re-use Condoms.

## Things to remember

- Store Condoms in a cool, dry place.
- Check the expiration date of the Condoms.
- Use only water-based lubricants. Don't use Vaseline or other oil-based products. It will damage the condom.
- If your condom breaks or leaks during sex, ask your Family PACT provider about Emergency Contraceptive pills.

## How to use Spermicides

Spermicides work best when put in just before having sex. Most Spermicides should be in the vagina at least 10 minutes before they work. Follow the directions on the package of the Spermicide you have chosen.

For example, if you choose foam:

- Shake the birth control foam can at least 20 times.
- Then fill the applicator with foam.
- Put the applicator deep into the vagina. Press gently to push the Spermicide up into the vagina.
- Every time you have sex, use another applicatorful of foam.

Ask your Family PACT provider to tell you about spermicidal film, suppositories, foam, cream and gel.

When you use any of these Spermicides, try to make sure your partner uses Condoms, too. If Condoms are not available, it is still worth it to use a Spermicide alone.

## Let your provider know if:

- You or your partner has a latex allergy.
- You frequently have bladder or yeast infections.



Fill the applicator with foam.