

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

MALE CONDOM FACT SHEET

A male condom is a snug-fitting sheath placed over the erect penis before penetration, preventing pregnancy by blocking the passage of sperm. Because they act as a barrier, condoms prevent direct vaginal contact with the semen, infectious genital secretions, and genital lesions and discharges. Most condoms are made from latex rubber. Lambskin (made from lamb intestines) condoms and polyurethane (plastic), polyisoprene condoms are also available. Male condoms made of latex are the most effective method available to reduce the risk of sexually transmitted infections (STIs) and the Zika. Condoms made of lambskin do not provide protection against viral STIs, including the Zika virus.

EFFECTIVENESS:

- 98% when used consistently and correctly. Typical use: 87% effective

USE:

- Use a condom for every act of intercourse.
- If the penis is uncircumcised, pull the foreskin back before putting on the condom.
- Put condom on after the penis is erect (hard) and before any contact is made between the penis and any part of your partner's body.
- If using a spermicide, put some inside the condom tip.
- If the condom does not have a reservoir (space) at the tip, pinch the tip enough to leave a half-inch space for semen to collect.
- While pinching the half-inch tip, place the condom against the head of the penis and unroll it all the way to the base. Put more spermicide or water-based lubricant on the outside.
- If you feel the condom break while you are having sex, stop immediately and pull out. Do not continue until you have put on a new condom and used more spermicide.
- After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw from your partner.
- To remove the condom from the penis, pull it off gently, being careful semen doesn't spill.
- Wrap the used condom in a tissue and throw it in the trash where others won't handle it. Because condoms cause trouble in sewers, do not flush them down the toilet.
- Be aware of drugs and alcohol. They can affect your judgement, so you may forget to use a condom. They may even affect your ability to use a condom properly.
- Check the expiration date on the condom package. Do not use if expired. Also, avoid keeping condoms in your wallet – the pressure and heat may shorten their life span.

BENEFITS:

- Protection against sexually transmitted infections when used consistently and correctly
- Help protect fertility (ability to get pregnant) by preventing long-term effects of STIs
- Easy to obtain and carry
- Low cost
- Can help maintain erections longer and lessen premature ejaculation

DISCONTINUATION:

- If the condom slips or breaks during use, emergency contraception is available at the Family Planning Clinic.

SIDE EFFECTS:

- Decreased sensitivity

WARNING SIGNS:

- There are no warning signs.

RISKS AND COMPLICATIONS:

- Breakage or slippage
- Lack of partner cooperation
- Latex allergy

PERSONAL HEALTH CENTER
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**Quality Family Planning Services & Contraceptive Guidelines for Michigan
Family Planning Providers (2023)**