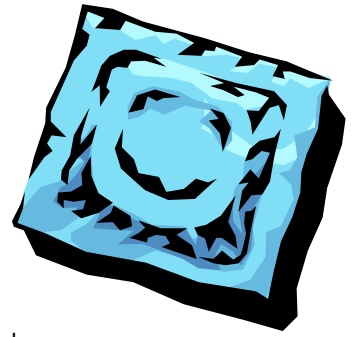


What everyone should know about condoms ?



- They are not 100% effective.
- They must be used consistently and correctly.
- They should be stored at the room temperature in a dry, dark place.
- Latex condoms are designed for protection against STD's and pregnancy.
- Always perform visual inspection of the condom before and after opening the package.
- There is no need to use spermicidal lubricated condoms. The spermicide lessens the shelf life of the condom, they are more expensive, and the actual amount of spermicide that stays on the condom is not enough to be effective.
- Too much lubricant inside the tip of the condom can cause it to slip off.
- Only water-based lubricants should be used with condoms—oil-based can weaken the material of the condom.
- Too much air inside the condom can cause the condom to break or slip off.
- Condoms must be placed on the erect penis before any sexual contact—the pre-ejaculatory fluid may contain sperm and diseases.
- If the condom is placed on the penis backwards then it should be disposed of and another should be used—it could have sperm or diseases on the outside tip.
- After ejaculation, the penis and condom must be withdrawn before loss of erection to avoid spilling or losing the condom.
- Condoms should be tied after use to avoid the fluids spilling even in the garbage.
- Condoms should never be flushed down the toilet.

Beu Health Center

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