



## Contraceptive Counseling: *Training New Counselors*

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content:	Instructions on How to Use a Male Condom (English)

### Overview

During a contraceptive counseling session, it is important to ensure that a patient is aware of how to use a male condom, which is the only contraceptive method that can reduce the risks of sexually transmitted infections, HIV/AIDs, and unintended pregnancy. This document can be used to guide a counselor who is providing a condom demonstration.

1. Check the expiration date on the condom package. “Exp” month/year. If condom has expired, throw it away and use a new condom.
2. The condom package should have an air pocket in the center of the condom. A condom with a broken seal will not have this.
3. Open the package at the end so that you don't damage the condom. Many condom packages have a notch in the edge of the packaging as a place to begin tearing.
4. Put on the condom as soon as the penis is hard.
  - a. Be sure the roll-up ring is on the outside facing away from the penis.
  - b. Hold the tip while you unroll the condom along the length of the penis.
  - c. Because a condom rolls down the penis, it can only go on one way.
  - d. If you ever try to put a condom on with the wrong side onto the penis, throw it away and start with a new unopened condom.
  - e. Never unroll the condom before putting it on the penis.
5. While unrolling the condom, be sure to leave some space at the tip to hold the semen, about ½ to 1-inch at the tip of the condom.
  - a. Some condoms have reservoir tips. If there is not enough room at the tip, the semen could break the condom.
  - b. Squeeze the tip gently so that no air is trapped inside.
6. Right after ejaculation the penis should be pulled out slowly while it is still hard.
  - a. Hold the condom in place on the penis to avoid spilling semen.
  - b. While holding the tip, roll the condom up only a portion of the way and then gently pull it off of the penis.
7. You need to use a new condom every time that you have sexual intercourse which includes oral, anal or vaginal. Never use the same condom twice.
8. Dispose of used condoms properly. If possible, wrap them in something like a paper towel or tissue and dispose of them in a trash container. Do not flush condoms as they can easily clog plumbing. Wash hands with soap and water.
9. Store condoms in a cool dry place out of direct sunlight.