### Contributors

Durex Information Service for Sexual Health LRC Products Limited (London, England)

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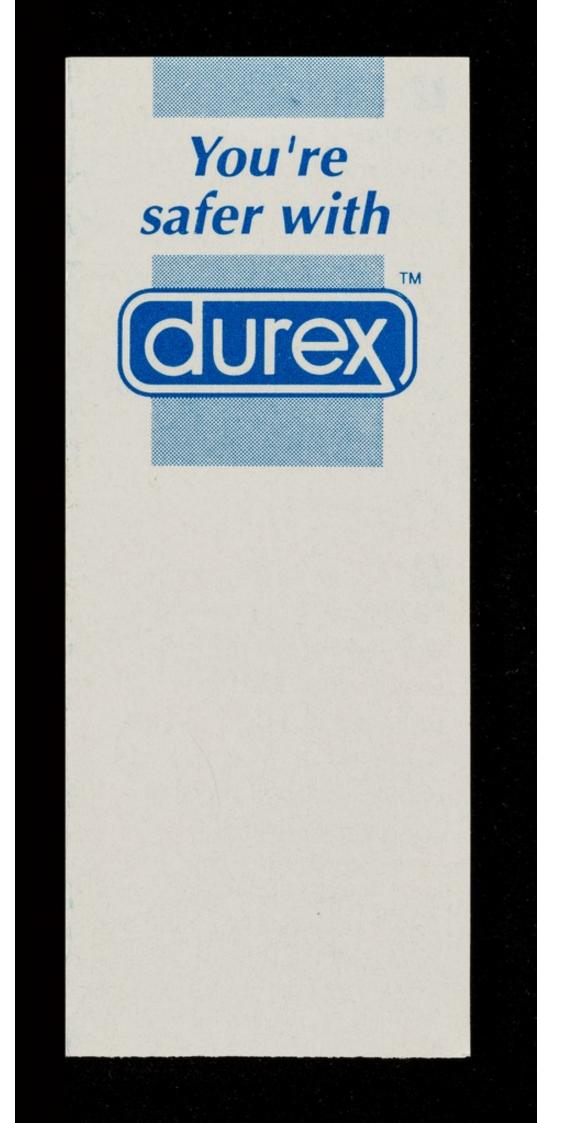
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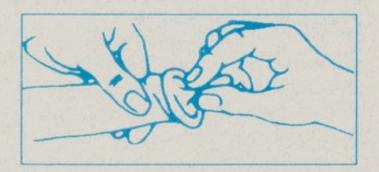
1 Open the foil by tearing along one short side, making sure that you don't rip the condom inside. Gently squeeze the other side so the condom will slide out. Although condoms are very strong, they can be torn by sharp finger-nails or rough skin, so be careful.

2 The penis should be hard and erect before the condom is put on. Fluid which is often released during the early stages of an erection can contain sperm. Put the condom on before

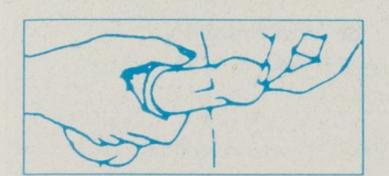


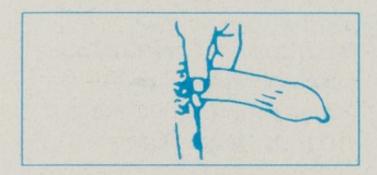
there is any contact between the penis and vaginal area.

3 Expel most of the air from the closed end as you put the condom on. Squeeze the closed end between your thumb and forefinger, placing the rolled condom on the end of the erect penis.



4 Using your other hand, unroll the condom gently down the full length of the penis as far as it will go, still squeezing the closed end.



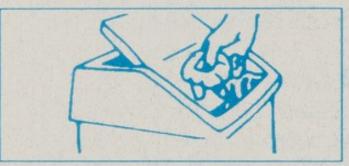


During sex, make sure the condom stays in place. If it rolls up, quickly unroll it back into place. If it comes off completely, then a new one must be put on before sex continues.

6 The penis must be withdrawn soon after climaxing (cumming), because it will quickly go soft and sperm could leak out of the condom. Hold the condom firmly in place at the base of the penis. While doing this remember to keep the condom and penis clear from contact with the woman's body.



Wrap the condom in a tissue and dispose of it hygienically (not down the toilet).



**REMEMBER** - Never use a condom more than once.

# **IMPORTANT FOR YOU BOTH**

Condoms, used correctly, offer protection against unwanted pregnancy. They can also help provide protection from sexually transmitted diseases, cervical cancer and HIV/AIDS. However, no method of contraception can provide 100% protection against pregnancy or sexually transmitted diseases.

 It's important for you both to follow the instructions carefully; for example, remember to roll out the condom the right way.

Don't use oil-based pessaries or lubricants such as petroleum jelly or baby oil as these can damage the condom.

 If you need lubrication, use a lubricant that doesn't contain oil and is water-based, such as Senselle, Duragel or Durex Lubricating Jelly.  Condoms with a spermicidal lubricant contain Nonoxynol-9 which not only kills sperm, but can also inactive HIV (the AIDS virus).

 Be careful. Condoms are very strong but can be torn by sharp finger-nails, rings or rough skin.

## **ALSO REMEMBER**

 All Durex packs have a "not to be used after" date. Make sure these condoms have not passed this date. If so, throw them away and get new ones.

Some medications (oil-based creams or lotions) which are applied to either the penis or vagina affect the condom. Check with your doctor or pharmacist.

 All Durex condoms in the UK conform to BS 3704: 1989, a specification for condoms designed for vaginal intercourse only.  Every Durex condom is manufactured to and tested beyond the requirements of BSI. Over
50 years of experience ensure that Durex condoms are of the highest quality.

 Durex carries out further tests such as electronic testing and air inflation tests which are in addition to those required by the BSI.

If you would like more information about Durex barrier methods of protection (condoms and diaphragms) and how they can offer protection from pregnancy, sexually transmitted diseases, cervical cancer and HIVIAIDS, then please write to:



Durex Information Service for Sexual Health, North Circular Road, London E4 8QA

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