

Condoms & lube : a users guide / Kensington & Chelsea and Westminster Health Authority, Department of Health Promotion & Professional Advice, HIV / Sexual Health Team ; illustrations - Olivier Tossan.

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Condoms are available free to registered users from the following clinics and organisations in the Kensington & Chelsea and Westminster areas;

GUM SERVICES:

John Hunter Clinic
Chelsea & Westminster Hospital
369 Fulham Road
London SW10 9TH
0181 846 6171

Jefferiss Wing
St. Mary's Hospital
Praed Street
London W2
0171 886 6619

Victoria Clinic for Sexual Health
6 Osbert Street
off Vauxhall Bridge Road
London SW1P 2QU
0181 746 8066

GUM Department
Charing Cross Hospital
Fulham Palace Road
London W6 8RF
0181 846 1577

FAMILY PLANNING

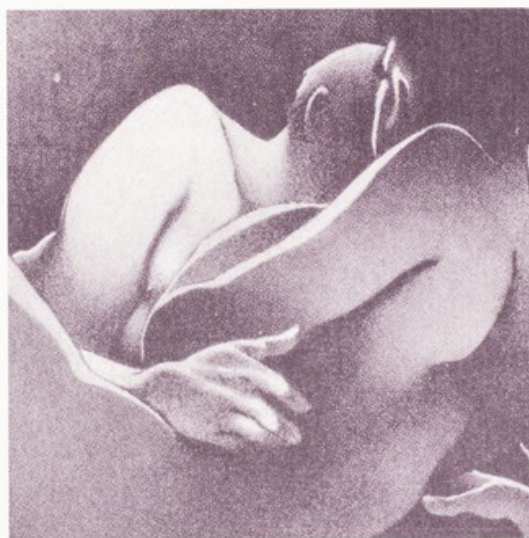
Parkside Health Services
For Women
(Paddington, North Kensington
& North East Westminster)
Clinic Details; 0181 960 0942

Riverside Health
Family Planning Service
(Chelsea, Earl's Court, South
Kensington, Victoria & South
Westminster)
Clinic Details; 0181 237 5353

British Pregnancy Advice Service
160 Shepherds Bush Road
London W6 7PB
0181 602 2723

Free condoms are also distributed by Rubberstuffers in gay bars and clubs throughout London and by Gay Men Fighting AIDS at various locations and safer sex events.

condoms & lube a users guide



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Department of Health Promotion & Professional Advice
HIV / Sexual Health Team
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Illustrations - (permission applied for) Olivier Tossan

Condoms. They've been around forever. So why is it that people still aren't so sure how to use them properly? This leaflet gives practical information on condom use along with the use of suitable lubricants.

So what exactly is a condom? Well, there are two different sorts of condom; the male condom and the female condom. This leaflet focuses on the male condom, which is the more widely used of the two. Information on the female condom, or Femidom, can be obtained from the addresses on the back of this leaflet.

The male condom is a tube of latex rubber which makes it quite stretchy. One end is closed and most types have a teat which collects semen and holds it within the condom once the man has ejaculated. The condom is designed to fit over an erect penis, and should be put on just before penetrative sex.

The male condom can be used for barrier protection from unwanted pregnancy. When used properly, it will protect your sexual health by protecting against sexually transmitted diseases and HIV, the virus that can lead to AIDS.

There are many different types of condom including plain, thin, lubricated, unlubricated, ribbed, extra strong, flavoured and all sorts of different colours. There are other leaflets that can give you information on all the different types and when or how best to use them. However, it is important to stress that extra strong condoms should be used by **anyone** who is going to have anal sex.

There is now a new type of condom available which is made from polyurethane. This has been developed for people who are allergic or sensitive to latex. These condoms are meant to be used for vaginal sex **only**.

Condoms can be obtained free of charge from some GPs surgeries, from family planning and GUM (Genito-Urinary Medicine) clinics, and can be bought in supermarkets, chemists, garages and toilets in some pubs and nightclubs.

So, once you've got your condoms and you're ready to have sex, the first thing you have to do is put it on. And this is where problems can begin, because condoms are designed to be worn in a particular way. If they're not worn properly they can tear. Or fall off. Or get stuck halfway down the length of the penis. Or make it uncomfortable to have sex.

PUTTING ON A CONDOM - CORRECTLY!

What follows is a fool-proof guide to putting a condom on correctly;

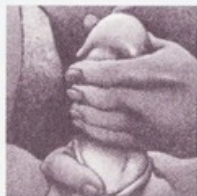
- 1) Do not try to put the condom on while the penis is soft.
- 2) Wait until the penis is hard. It is necessary to put on the condom before there is any body contact. This is important as sperm is contained in the seminal fluid, known as pre-cum, which can seep from the penis before climax.
- 3) Take the condom out of its packet carefully. Make sure that you don't damage it with your fingernails or any jewellery or even your teeth.
- 4) If the condom has a teat, then with one hand pinch the end of the condom with the thumb and finger. This expels all the air out of the teat at the end of the condom and makes space for semen. Air trapped in the condom could cause it to come off during sex.





5) With the other hand put the condom on the end of the penis and roll it all the way down the shaft to the very bottom. If the condom doesn't reach the bottom of the penis or it is difficult to roll down, then the condom is probably inside out. If this

happens then remove the condom and try again with another one. **Do Not Re-use** the same condom. Make sure that the condom is rolled all the way down the penis. If you need it, then use plenty of water based lubricant to help make penetration more comfortable for your partner.



6) Once you have reached orgasm and ejaculated, hold the condom by the rim at the bottom of your penis and withdraw carefully. Make sure that you do not spill any semen when you do this.

7) Take the condom off and Do Not Use It Again! Remember that you should use a new condom every time you intend to have penetrative sex.



8) Wrap it up in tissue or toilet paper and dispose of it safely by putting it in the nearest bin. Flushing it down the toilet really isn't such a good idea as used condoms can lead to blockages, etc.

When used properly, condoms are highly effective and reliable. Sometimes they can split, and if this happens then you may be able to talk to your doctor about emergency contraception. You can also visit a GUM or family planning clinic for emergency contraception, or if you are worried about sexually transmitted diseases or HIV infection. To make sure that you are comfortable using condoms, practice putting them on until you are sure about how to put one on properly.

CHOOSING CONDOMS:

When choosing condoms, consider the type of sexual activity that you are going to have and choose a type of condom that's appropriate. Not all condoms are the same size and are generally intended for different activities. For instance, flavoured condoms are generally intended for use during oral sex and are not really suitable for vaginal or anal sex. Also be aware that condoms can come in different sizes, so practice putting on and using different types of condoms until you find the type that's right for you. Also look for either or both of these symbols on the packet.



This means that these condoms have been tested to both British and European safety standards. **Do Not** buy or use condoms without these symbols. Also look for an expiry date on the condom wrapper and use before the date shown.

LUBRICANTS:

Now that you're familiar with condoms and how to use them properly, choosing and using the right kind of lubricant is important.

Using lubricants, or lube, when you have penetrative sex not only makes it more enjoyable for both you and your partner but can help prevent condoms splitting.

However, not any old thing will do as a lubricant; oil based lubricants such as baby oil, vaseline and suntan oil, even margarine and butter damage the rubber in the condom very quickly, and will make the condom tear. Note: the new polyurethane condom is **not** affected by these substances. Some types of vaginal preparations such as creams and pessaries contain substances that can also damage condoms. If you're in doubt then ask your doctor, family planning nurse or health advisor.

Using spit isn't such a good idea as not only will it quickly dry and stop acting as a lubricant, but saliva could also pass on other infections such as Hepatitis B.

The best and safest kind of lubricants are water based lubricants like KY, Silk, Bodywise and Boots' own brand. These can be used whenever you have sex, and especially during anal sex. Using a lot of lube will help prevent condom damage from wear and tear, although you should check the condom now and again to make sure that it hasn't split, no matter what kind of penetrative sex you are having.

Lubricants are available from chemists, supermarkets, family planning clinics, and are also available in sachets in safer sex packs from organisations like Rubberstuffers and Gay Men Fighting AIDS (GMFA).

Just as you should be aware of the different types of condom available and what they're used for, then knowing your lubricants can be just as important. A list of what lubricants you can and can't use follows, but remember that it is a good idea to keep some handy with condoms so you won't forget to use them both.

SUITABLE FOR USE WITH CONDOMS:

KY Jelly	Ortho Creme*	Sutherland
Ortho-Gynol*	Bodywise	Gynol II*
Silk	Duragel*	Comfort
ForPlay	Astroglide	Liquid Lube
121	Elbow Grease Gel	NX-9
Staycept Jelly*	Senselle	Replens
Boots Lubricating Jelly		

*= these are lubricants that contain spermicide

UNSUITABLE FOR USE WITH CONDOMS:

Oil	Baby Oil	Margarine
Butter	Vaseline	Petroleum Jelly
Hand Cream	Body Lotion	Shampoo
Cream	Ice Cream	Suntan Oil
Bath Oil	Skin Softener	Cooking Oils
Hair Conditioner	Cocoa Butter	Massage Oil
Vegetable Fats, eg; Crisco		

This is not an exhaustive list, and only refer to those lubricants and substances that have been commonly reported as having been used during sex or to aid penetration. There are other leaflets available that give fuller information on what can and can't be used as lubricants, as well as on appropriate vaginal preparations and pessaries that won't damage condoms.