

Durex Safe-Play / LRC Products Limited.

Contributors

LRC Products Limited (London, England)

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durex™



*safe
play*

Using a condom properly can make all the difference. Not only does it make you feel relaxed when you're confident about using it, but you won't make the mistakes that can lead to pregnancy.

If you've never used condoms before, or not used them for a while, why not practise first on your own. Get used to undoing the foil, taking them out, unrolling them etc. And this doesn't just apply to men — there's every reason why women should get to know their Durex condoms too.

Here's a step-by-step guide to rolling on condoms.

- 1) All Durex packs have a sell-by date. Make sure these condoms are not past this date. If so, throw them away and get new ones.
- 2) Open the foil by tearing along one short side, making sure that you don't rip the condom inside. Then by gently squeezing the other short side the condom will slide out. Although condoms are very strong, they can be torn by sharp fingernails, rings or rough skin, so be careful.



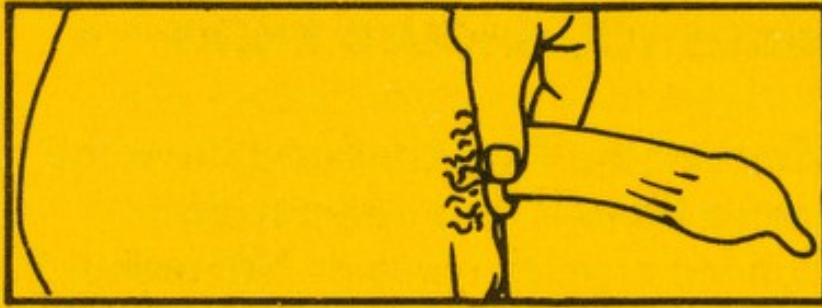
- 3) The penis should be hard and erect before the condom is put on. Fluid which is often released during the early stages of an erection can contain sperm. Put the condom on before there is any contact between the penis and vaginal area.
- 4) It's very important that you roll out the condom the right way. Hold the closed end (in some condoms, it looks rather like a teat), with the part to be unrolled on the outside.
- 5) It's important to expel most of the air from the teat as you put the condom on. Squeeze the teat between your thumb and forefinger, placing the rolled condom on the end of the erect penis.



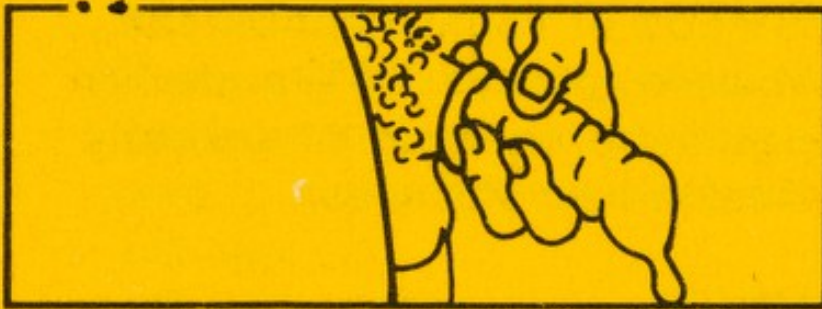
- 6) Using your other hand, unroll the condom gently down the full length of the penis, as far as it will go, still squeezing the closed end. Do this carefully, again taking care not to tear it with rings or fingernails.



- 7) When the condom is on it will feel secure on the shaft of the penis with the teat empty of air and loose at that end.
- 8) During sex, make sure the condom stays in place. If it unrolls, quickly roll it back into place. If it comes off completely, then a new one must be put on before sex continues.
- 9) It's important that the penis is withdrawn soon after climaxing, (coming). This is 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 during withdrawal.



Then gently ease it off, taking care not to spill any semen. Afterwards, remember to keep the condom and penis clear from contact with the woman's body.



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



11) REMEMBER — if you want to make love again, you must use a new condom.

THINGS YOU SHOULD KNOW

- Durex Safe-Play condoms have the extra benefit of a spermicidal lubricant which contains Nonoxynol-9. The spermicide not only kills sperm, but can also inactivate the AIDS virus.
- Condoms help provide protection from sexually transmitted diseases, cervical cancer and AIDS. No method of contraception can, however, provide 100% protection against pregnancy or sexually transmitted diseases.
- NEVER use a condom more than once.
- All Durex condoms conform to BS 3704:1989, a specification for condoms designed specifically for vaginal intercourse only.
- You can tell a condom which has been properly tested and passed the tests of the British Standards Institution by the 'Kitemark' on the pack. All Durex condom packs carry the BSI Kitemark symbol of quality.

- For your reassurance Durex carries out further tests such as electronic testing and air inflation tests which are in addition to those required by the BSI.
- Never use a condom which is past its expiry date.
- Don't use oil-based pessaries or lubricants such as petroleum jelly or baby oil as these can damage the condom.
If you need extra lubrication, use a lubricant that doesn't contain oil and is water based, such as Duragel.
- If using medication (creams or lotions) which are applied to either the penis or vagina, check with your doctor or pharmacist first that these do not affect the condom.

HAVING FUN WITH CONDOMS

Modern condoms are made of fine latex rubber, allowing great sensitivity. Using one doesn't spoil the pleasure of sex, particularly when you know that using one is protecting both partners.

Those who use condoms regularly soon find that putting it on needn't be an interruption, but a fun part of foreplay.

If you would like further information about Durex condoms for family planning or disease prevention, please write to:

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

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***You're
safer with***

