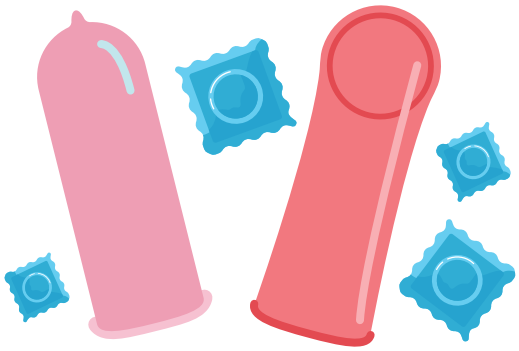
CONDOMS *external and internal*



HOW DO CONDOMS WORK?

- Condoms prevent pregnancy by creating a barrier that **stops semen from entering the vagina** during vaginal sex.
- Condoms can be used during vaginal, anal, and oral sex to prevent sexually transmitted infections (STIs).
- External condoms come in a variety of sizes, lubrication, ribbing, flavors, and colors. External condoms are usually made out of latex, but also come in polyurethane and lambskin.
- There is only one internal condom available. The brand name is **FC2 Internal Condom.** Internal condoms are made out of a synthetic material called nitrile.
- Condoms work for people of **all weights, all ages, and those using gender affirming hormone therapy.**

HOW DO YOU USE CONDOMS?

You and your partner must decide to use a condom and put one on/in **before each act of sex**.

BEFORE OPENING: Check the expiration date listed on the package. Make sure there is air in the unopened package, this means it has not been damaged.

OPENING THE CONDOM: Push the condom to the side and tear the other side of the package open. **Never** use scissors or your teeth as they can tear the condom.

EXTERNAL CONDOM

Pinch the tip of the condom, place on erect penis and roll it down until the bottom rim is at the base of the penis.

If it does not easily roll down, it is upside down and you should use a new condom, if possible. Add extra water or silicone lube to the outside of the condom, if you'd like.

Remove it immediately after sex by holding the condom at the base of the penis while you pull out so the semen does not spill. Make sure the condom is still intact and dispose of it.

INTERNAL CONDOM

Insert the internal condom up to 8 hours before sex. The condom has an inner, thicker ring that goes inside your vagina/anus and an outer, thinner ring attached to it that stays outside the vagina/anus.

Pinch the inner, thicker ring to collapse it into an oval. Insert the pinched ring into your vagina. Place your finger inside the condom opening to push it in as far as it will go. If inserting in anus, repeat steps but remove the inner ring.

The outer, thinner ring should stay outside your vagina/anus by an inch and the condom should not be twisted. Hold the condom open while putting the penis inside your vagina/anus to make sure it doesn't go on the outside of the condom.

To remove, twist the outer ring and pull it out, careful to not let semen spill out. Make sure the condom is still intact and dispose of it.

! USE A NEW CONDOM WITH EACH ACT OF SEX !

Condoms cannot be reused.

COST: At a store, each condom costs $0.50-$6.00. There are also many places to get free condoms without a prescription such as health centers.

PRIVACY AND CONTROL

- You do not need a provider to start or stop using condoms. Your provider can counsel you on how to use condoms correctly and can give you a prescription so they are free with insurance.
- You and your partner must agree to using condoms. You both will see and feel the condom.
- Someone else cannot see that you are using condoms, but they may find your unused/discarded condoms.
- Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.

DO CONDOMS WORK IMMEDIATELY?

Yes, condoms work for each act of sex if you use them correctly. If used incorrectly, or not at all, they will not work.

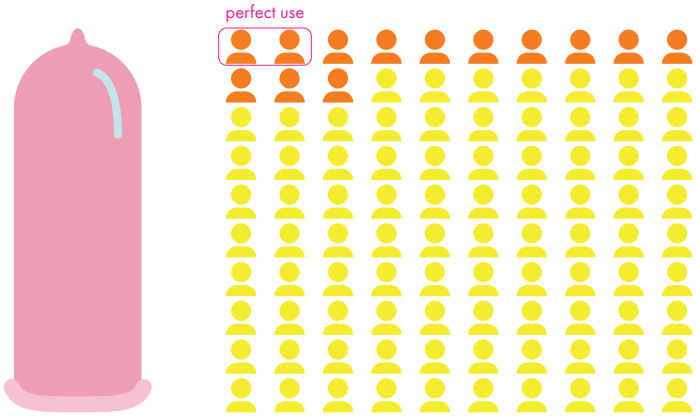
CONDOMS MAY NOT BE RIGHT FOR:

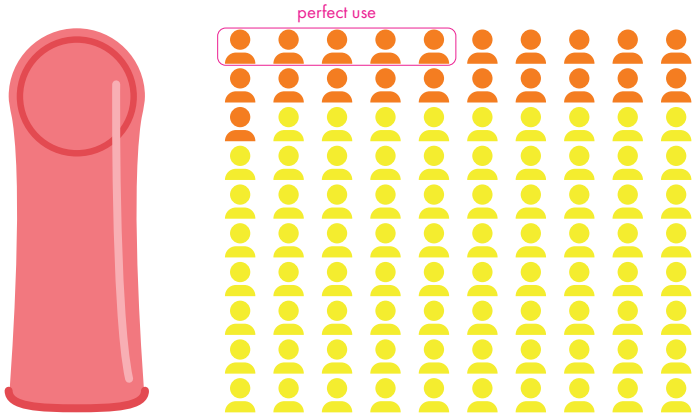
People navigating situations where condom use is not a realistic or accessible option.

USE EMERGENCY CONTRACEPTION IF:

You think some semen could be in your vagina because the condom rips/slips or semen spills out of the opening during sex or removal.

HOW WELL DO CONDOMS PREVENT PREGNANCY?





EXTERNAL CONDOM (placed over the penis)

On average, **13 out of 100 people using external condoms will get pregnant each year.** This means it is **87% effective** with typical use. Typical use considers how easy it is to use a condom every time you have sex.

With **perfect use**, meaning external condoms are always used correctly, **2 out of 100 people using external condoms will get pregnant each year.** It is **98% effective.**

INTERNAL CONDOM (inserted into the vagina or anus)

On average, **21 out of 100 people using internal condoms will get pregnant each year.** This means it is **79% effective** with typical use. Typical use considers how easy it is to use a condom every time you have sex.

With **perfect use**, meaning internal condoms are always used correctly, **5 out of 100 people using internal condoms will get pregnant each year**. It is **95% effective**.

You can use another method of contraception with condoms to provide more protection against pregnancy. DO NOT use two condoms together.

SEXUALLY TRANSMITTED INFECTIONS

Condoms lower your risk of all sexually transmitted infections.

- Condoms can be used to lower your risk of sexually transmitted infections during anal and oral sex too.

POSTPARTUM USE

Condoms are **safe to use right after giving birth.** They have no effect on lactation, breastfeeding/chestfeeding, or infant development.

SIDE EFFECTS

PERIOD: No effect.

PERIOD CRAMPS: No effect.

WEIGHT: No effect.

ACNE: No effect.

FERTILITY RETURN: When you stop using condoms, you can get pregnant right away.

OTHER POSSIBLE SIDE EFFECTS:
Vaginal, vulvar or anal irritation, if someone has sensitivities/allergies to condom material or lubricant.

QUESTIONS TO ASK YOUR PROVIDER

- How I can talk to my partner about using condoms?
- How can I get free condoms?
- Can I feel it if the condom rips or slips during sex?
- What size external condom do I need?
- How do I dispose of a condom?
- Can I use lubrication with condoms?

CONTACT YOUR PROVIDER IF YOU HAVE:

- Vaginal, vulvar, or anal irritation
- Allergic reaction

Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.
Call 211 or visit www.211info.org

Oregon Reproductive Health Program
www.healthoregon.org/rh

adapted from PICCK.org