

Condoms and Spermicides

How:

Male condoms are put over an erect penis before the penis touches the vagina. Sperm are trapped inside the condom and cannot get into the vagina. Use a new condom each time you have sex. Male condoms are made out of latex, plastic or lamb skin but lamb skin condoms do not protect against HIV/STDs.

Female condoms are soft plastic, not latex, with a ring at each end. The female condom does not allow the penis to touch the vagina. Sperm goes into the pouch and not the vagina.

Spermicides are chemicals that kill sperm. Spermicides come in many forms: foam, gel, cream, film, suppository and tablet.

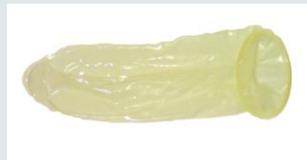
Lubricants: You can safely use silicone lubricants with condoms. Do not use condoms with spermicides or spermicides in condom packages.

When:

Put spermicides or condoms in the vagina before sex and follow package instructions.

Where:

You can get condoms and spermicides at most drug stores, grocery stores and clinics. No prescription is needed.



Advantages:

Male latex rubber condoms and female condoms protect you from HIV/AIDS and most STDs. Condoms and spermicides do not cost a lot. You do not need a prescription. Spermicides and condoms work very well if used every time you have sex. If you have a latex allergy, you can use plastic condoms. Male condoms come in many sizes.

Disadvantages:

Spermicides and condoms must always be close at hand to use right before having sex. Check the expiration date and do not use them if expired. You must use more spermicide and a new condom each time you have sex. **Do not double up on condoms or use a female and male condom at the same time. This will cause tears.** Sometimes condoms break or come off. To make space for semen,

pinch the top of the condom and roll it all the way down the hard penis.

Side effects:

A few people may be allergic to latex rubber, spermicides, or a liquid in condom packages. If you have burning or itching try changing brands or talk with your healthcare provider. If you use a lubricant, choose a silicone lubricant without nonoxynol-9.

Risks:

Condoms have no known health risks except for a possible latex allergic reaction. If you are at high risk for having sex with someone with HIV, you should not use spermicides with nonoxynol-9. It can increase the risk of infection. Spermicides used alone will not protect you from HIV/STDs.

Effectiveness:

Male condoms: Two out of 100 women will get pregnant each year if they always use a condom the right way.

About 18 out of 100 women will get pregnant each year if they don't always use the condom the right way.

Female condoms: Two out of 100 women will get pregnant each year if they always use a female condom the right way.

About 21 out of 100 women will get pregnant each year if they don't always use the female condom the right way.

Spermicides: Eighteen out of 100 women will get pregnant each year if they always use spermicides the right way.

About 28 out of 100 women will get pregnant each year if they don't always use spermicides the right way.