



After sex, hold onto the condom as you pull out. Slide the condom off. Wrap it in a tissue and put it in the bin.

You should use a new condom each time you have sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can also buy them from shops or pharmacies.

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

www.centralsexualhealth.org

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590870 (Monday – Friday 8am to 5pm), fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

What you need to know about Using Condoms



Condoms are available for men and women. This leaflet is about condoms for men.



Condoms are a type of contraceptive. They reduce the chances of a woman becoming pregnant.

Condoms can also prevent both men and women getting sexually transmitted infections (STIs).

How to put a condom on:

Check the condom for a BSI Kitemark or CE.



This shows the condom is of good quality.

Open the packet and squeeze the condom down to the bottom of the packet. Tear the packet open at the other end.



To put the condom on the penis has to be hard. Pinch the end of the condom to get rid of any air. Put the condom on the end of the penis.



Roll the condom down to the bottom of the penis. If it doesn't go on start again with a new condom.



When your condom is on, you and your partner are ready for sex.



During sex if your condom tears or falls off put another one on.