

## WHAT IF A CONDOM BREAKS?

Condoms are more likely to break if they are:

- out of date
- stored in a warm place
- used with oil-based lube or no lube
- the wrong size - too big or too small

If the condom breaks or leaks, you or your partner may be at risk of catching an STI or getting pregnant.

To prevent the risk of pregnancy, use Emergency Contraception (EC) as soon as possible. EC is available at Family Planning and chemists. You do not need doctor's prescription. EC is most effective if taken within 24 hours, but can be taken up to 5 days after sex.

## CHOOSING NOT TO USE CONDOMS

If you have difficulty using condoms, talk to FPT or your doctor for advice.

Couples who are monogamous (only have sex with each other) may decide that they do not want to use condoms any more.

If you are planning to have sex without a condom, have a sexual health check at FPT or your doctor to make sure that you and your partner are free from STIs.

## FOR MORE SEXUAL HEALTH INFORMATION

[www.fpt.asn.au](http://www.fpt.asn.au)  
[www.shfpa.org.au](http://www.shfpa.org.au)  
[www.yoursexhealth.org](http://www.yoursexhealth.org)  
[www.snakecondoms.org.au](http://www.snakecondoms.org.au)  
[www.free-condom-stuff.com](http://www.free-condom-stuff.com)



**Family Planning Tasmania**  
sexuality education & clinical services

**HOBART**  
421 Main Road  
Glenorchy, 7010  
PH 6273 9117

**LAUNCESTON**  
269 Wellington Street  
Launceston, 7250  
PH 6343 4566

**BURNIE**  
1 Pine Avenue  
Upper Burnie, 7320  
PH 6431 7692

Disclaimer: FPT has taken every responsibility to ensure that information contained in this publication is up to date and accurate. As information and knowledge constantly changes, readers are advised to confirm that information contained complies with present research, legislation and policy guidelines. FPT accepts no responsibility for difficulties that may arise as a result of an individual acting on advice and recommendations contained in this document.

January 2014



**KEEP  
CALM  
AND  
USE A  
CONDOM**



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## MALE CONDOMS

Male condoms cover the penis during sex and prevent partners from sharing body fluids (semen, vaginal fluids, blood) during sex. They can also be used with sex toys.

The most common male condoms are made from latex. There are condoms made from polyurethane for people with a latex allergy.

Condoms should always be used with water-based lube to prevent the condom from breaking. Never use vaseline or other oil-based lubricants.

Condoms are available in different sizes, shapes, flavours and textures.

Condoms and lube are available at Family Planning Tasmania (FPT), chemists, supermarkets, vending machines etc. There is no minimum age to buy condoms.

## FEMALE CONDOMS

The female condom is made from polyurethane and lines the inside of the vagina during sex.

They are available at FPT.



## STI PREVENTION

Using condoms correctly reduces the risk of catching or spreading Sexually Transmissible Infections (STIs) during oral, anal and vaginal sex.

Condoms are most effective for preventing STIs that are transmitted through body fluids. These include chlamydia, gonorrhoea, hepatitis B and HIV.

Condoms provide less protection against STIs that are transmitted through skin-to-skin touching (herpes and genital warts).

To prevent STIs, put on the condom before the penis comes in contact with the partner's body. Pre-cum can contain infections.

For oral sex involving the vagina or anus, a dam is a latex sheet that reduces the risk of catching or spreading STIs. Dams are available at FPT.

## PREGNANCY PREVENTION

Condoms reduce the risk of pregnancy by trapping the sperm.

Put on the condom before the penis makes contact with the vagina, as pre-cum can contain sperm.

Used correctly every time, male condoms can be up to 98% effective at preventing pregnancy. Actual use is only 85% effective - that means that 15 per 100 women using condoms will become pregnant each year.

Increase your protection against unplanned pregnancy by using another type of contraception such as the contraceptive implant, IUD, or the pill.

## HOW DO I USE A CONDOM?



Check the expiry date  
Open packet carefully



Squeeze the tip of the condom  
and put on erect penis



Unroll the condom to the base of  
the penis



Use water-based lube



Withdraw penis while still erect.  
Hold base of condom to stop  
leaking



Throw in rubbish bin.  
DO NOT flush down the toilet