Male Condom

The male condom is a barrier method of contraception, which means it stops sperm meeting an egg. A condom is made of very thin latex (rubber), polyurethane (plastic) or polyisoprene.

You need to use new condom each time you have sex. Condoms are the only method of contraception that helps protect you from STDs.

Their effectiveness depends largely on how you use it and whether you follow the instructions. With perfect use condoms are 98% effective. This means that 2 women in 100 will get pregnant in 1 year. With typical use (not always used according to instructions) condoms are 82% effective, so about 18 in 100 women will get pregnant in 1 year.

Advantages of the male condom:

* Only need to use them when you have sex
* Help protect both partners from STDs, including HIV
* There are no serious side effects from using condoms
* Condoms come in a variety of shapes and sizes
* They're easily available

Disadvantages of the male condom:

* A condom can sometimes slip off or split
* Some people are sensitive to latex condoms, though this is rare
* It's important to pull out after ejaculation, before the penis goes soft, holding the condom firmly in place at the base of the penis

Extra tip!

If using additional lubrication, remember that oil-based products, e.g. ointments, body oils, creams, lotions and petroleum jelly, can damage a latex or polyisoprene condom, therefore only water-based lubricants should be used.