

How to Use a Condom

APRIL 3, 2024

WHAT TO KNOW

- Condoms and other barriers are used during sexual intercourse to reduce the probability of pregnancy or sexually transmitted diseases.
- *This page contains sexually graphic images and may not be suitable for some audiences.*



The right way to use an external condom (male)

The Right Way To Use A Male (External) Condom	 DO use a condom only 1 time. 	 DO put on a condom before you have sex, every time. 	 DO read the package and check the expiration date. 
 DO make sure there are no tears or defects. 	 DO store condoms in a cool, dry place. 	 DO use only latex or polyurethane condoms. 	 DO use only water-based or silicone-based lubricant to prevent breakage. 

Follow these steps for the right way to use a condom

External condom don'ts

- **DON'T** store condoms in your wallet, as heat and friction can damage them.
- **DON'T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil, because they will cause the condom to break.
- **DON'T** use more than one condom at a time.

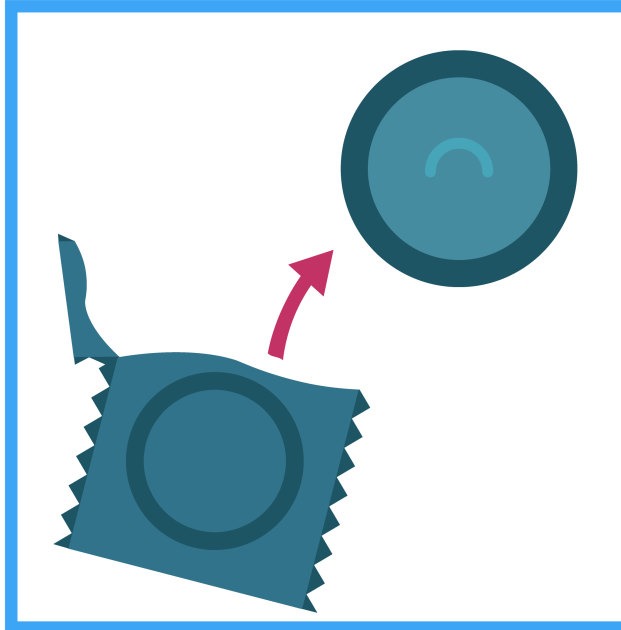
- **DON'T** reuse a condom.

How to put on and take off a male (external) condom

1

BEFORE SEX

Carefully open and remove condom from wrapper.

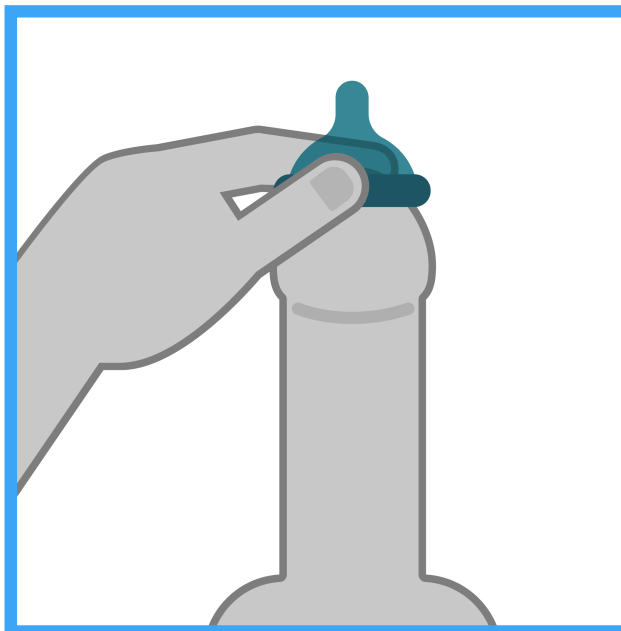


Before sex - Carefully open and remove condom from wrapper.

2

BEFORE SEX

Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.

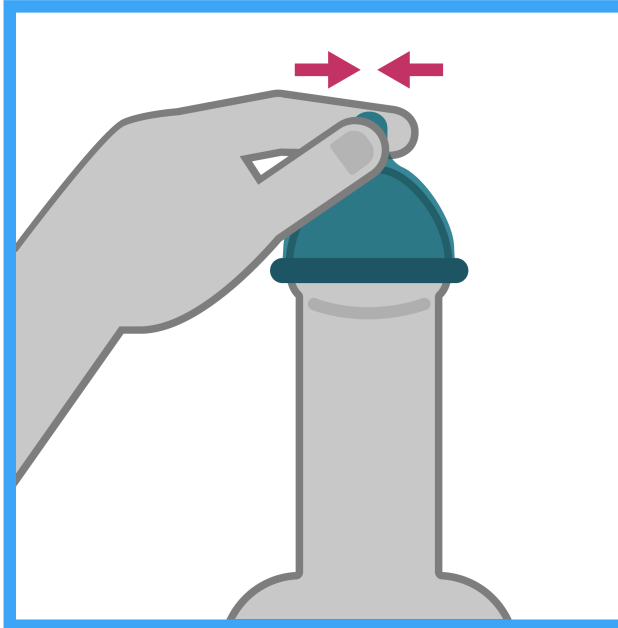


Before sex - Place condom on the head of penis.

3

BEFORE SEX

Pinch air out of the tip of the condom.

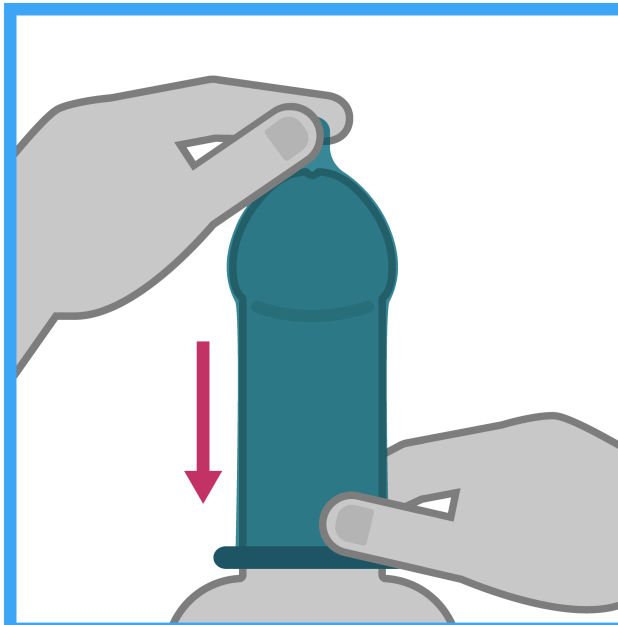


Before sex - Pinch air out of the tip of the condom.

4

BEFORE SEX

Unroll condom all the way down the penis.

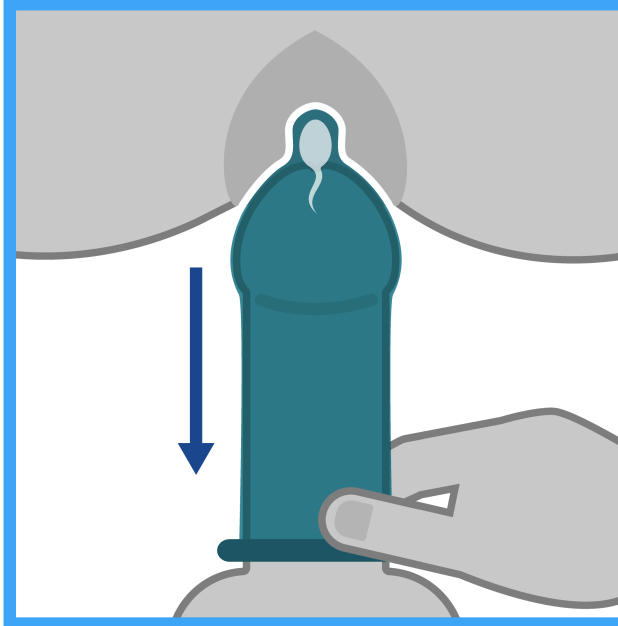


Before sex - Unroll condom all the way down the penis.

5

AFTER SEX

After sex but **before pulling out**, hold the condom at the base. Then pull out, while **holding the condom in place**.

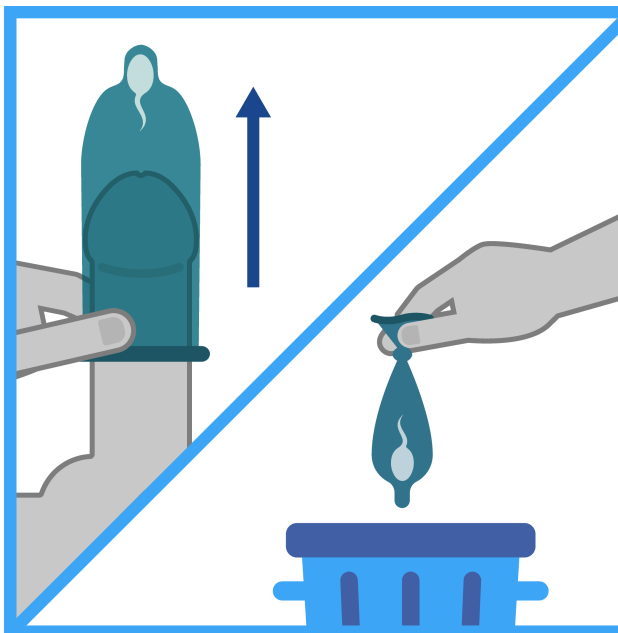


After sex – Before pulling out, hold the condom at the base, then pull out while holding the condom in place.

6

AFTER SEX

Carefully remove the condom and throw it in the trash.



After sex – Carefully remove the condom and throw it in the trash.

[Find condoms](#)

CONTENT SOURCE:

National Center for HIV, Viral Hepatitis, STD, and Tuberculosis Prevention