

## 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

 <p><b>DO</b> use a condom only 1 time.</p>	 <p><b>DO</b> put on a condom before you have sex, every time.</p>	 <p><b>DO</b> read the package and check the expiration date.</p>
 <p><b>DO</b> make sure there are no tears or defects.</p>	 <p><b>DO</b> store condoms in a cool, dry place.</p>	 <p><b>DO</b> use only latex or polyurethane condoms.</p>

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.

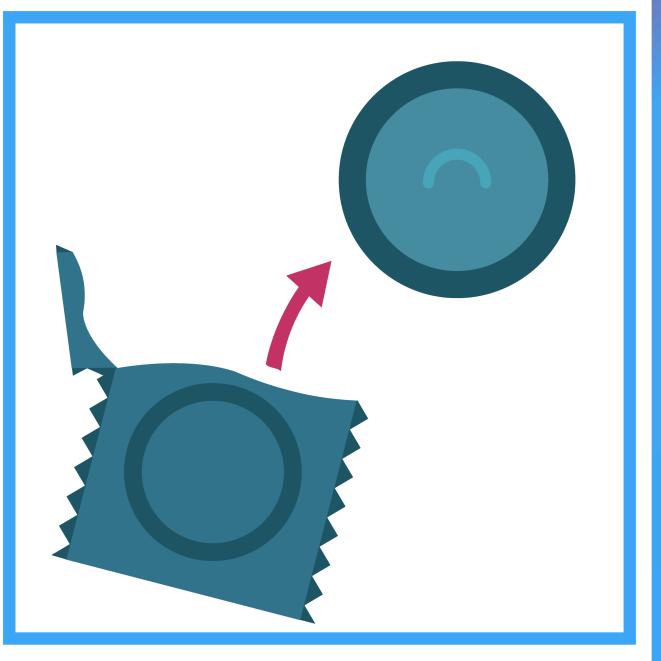
- DON'T reuse a condom.

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

1

## BEFORE SEX

Carefully open and remove condom from wrapper.

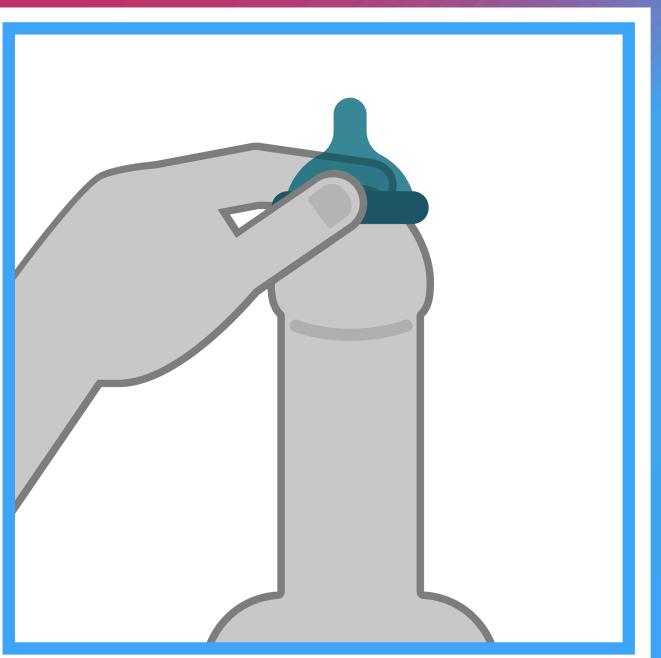


Before sex - Carefully open and remove condom from wrapper.

2

## BEFORE SEX

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

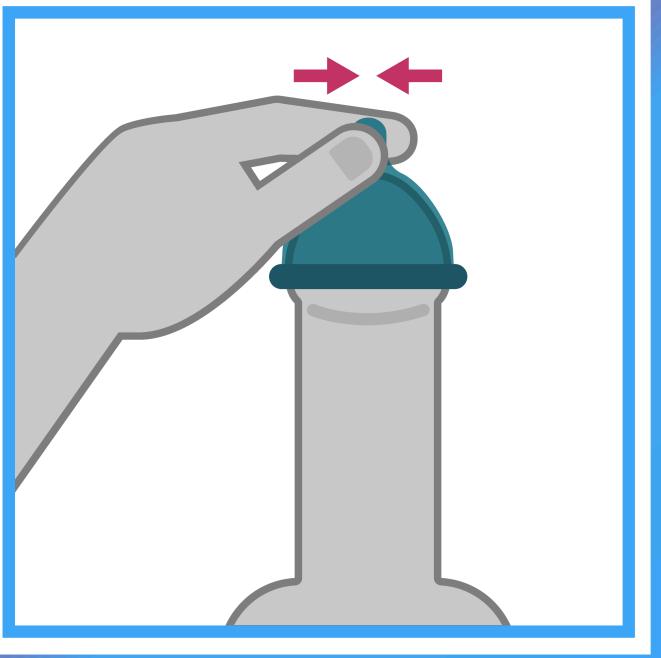


Before sex - Place condom on the head of penis.

**3**

## BEFORE SEX

**Pinch air out  
of the tip of the  
condom.**

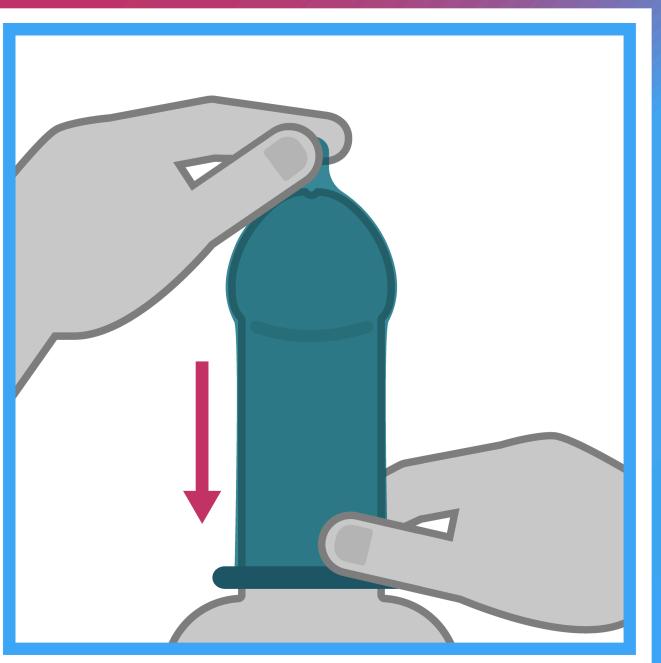


Before sex - Pinch air out of the tip of the condom.

**4**

## BEFORE SEX

**Unroll  
condom all the  
way down the  
penis.**

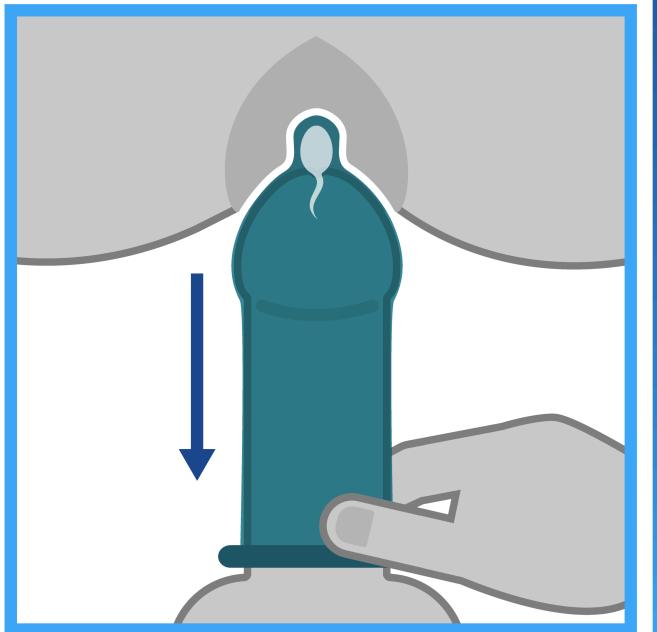


Before sex - Unroll condom all the way down the penis.

5

## AFTER SEX

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

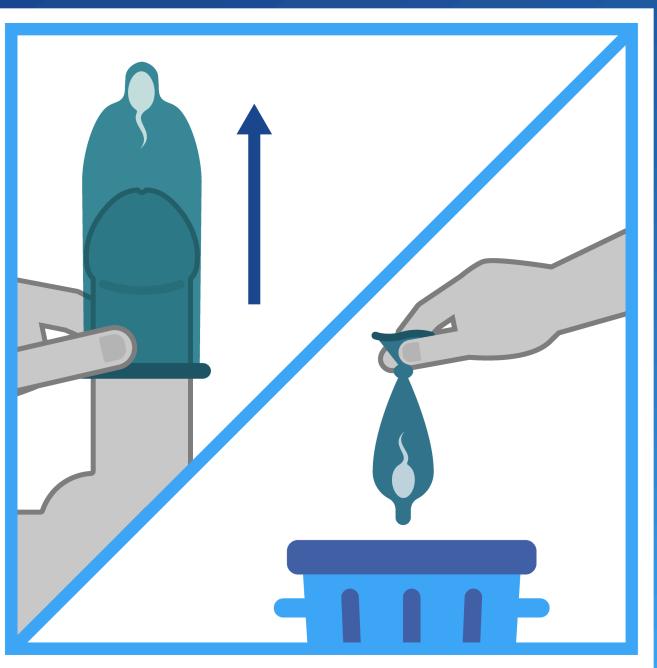


After sex - Before pulling out, hold the condom at the base, then pull out while holding the condom in place.

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