



# UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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## Condom and Lubricant

Latex condoms and spermicide are very effective against sexually transmitted infection transmission during vaginal or anal intercourse. We strongly recommend that condoms always be used with additional lubricant (even if your condom is pre-lubricated with a spermicide), giving about a 99% effectiveness rate against pregnancy, when both are used correctly every time. (See diagram on back.)

### Advantages:

1. Very effective method of birth control and disease prevention. About 90% alone, 99% with additional lubricant when used every time as directed.
2. Latex/Polyurethane condoms are the only contraceptive that gives excellent protection from sexually transmitted infections including HIV.
3. Can be bought without a prescription.
4. Condoms are inexpensive. They are free at the University Health Center and offered at a reduced rate in the UHC Pharmacy.

### Disadvantages

1. May interfere with spontaneity and sensation, but not as much as is generally thought.
  - a. To aid spontaneity, incorporate use as part of foreplay.
  - b. The slight decrease in sensation may even be an advantage for men who tend to ejaculate prematurely.

2. A skin reaction or allergy to Latex rubber.
  - a. Alternatives are polyurethane condoms or female condoms.
3. A skin reaction or allergy to spermicides.

**Remember:** Latex condoms deteriorate if exposed to heat, if wrapper is broken; or if it comes in contact with oils (baby oils, vaseline, hand creams, suntan lotions, vaginal medications, etc.)

**\*For women exposed to an unprotected sexual intercourse** (such as a condom breaking), the Emergency Contraceptive Pill may be used within 120 hours to decrease the risk of pregnancy. Call the Women's Health Clinic at 301-314-8190 between 9 a.m. and 5 p.m. Monday through Friday or call 301-314-8161 after hours.

### Condom Options

**Latex condoms for men.** Latex condoms are made of a particular kind of rubber. Laboratory studies show that intact latex condoms provide a highly effective barrier to sperm and microorganisms, including HIV and the much smaller Hepatitis B virus. Their effectiveness has been proven over many years.

**Synthetic Condoms.** For people who are allergic to latex, several types of materials are being used to make condoms. One type is polyurethane, a soft plastic. Another new type is Tactylon™, a synthetic latex. Lab tests have shown that both these materials provide an effective barrier against sperm, bacteria, and viruses such as HIV.

**Polyurethane condoms for women.** The female condom, (Reality™) fits inside the vagina and covers some of

the area outside the vagina. It also is made of polyurethane. When a male condom cannot be used, couples should consider using a female condom.

Unlike latex condoms, synthetic condoms such as male and female polyurethane condoms can be used with either water-based or oil-based lubricants. Although not as thoroughly tested as latex condoms, synthetic condoms likely provide similar protection.

**Lambskin condoms.** These condoms are made from animal membranes that contain tiny holes. While they can prevent pregnancy, they should **not** be used for STI or HIV prevention because viruses are able to pass through these holes.

**Novelty condoms.** Novelty (play) condoms are for sexual amusement only. The FDA does not allow them to be labeled as condoms, and they should never be used for STI/HIV or pregnancy prevention.

### Spermicides

1. Read package instructions carefully -some require shaking bottle, others have specific timing instructions.
2. Insert applicator with spermicide deep in vagina until it touches the upper back wall, pull back applicator slightly, then push in plunger. Best done when lying down.
3. Insert spermicide no more than 1/2 hour before intercourse - follow the instructions on the package. (again, see package instructions for specific information)
4. Use before each act of intercourse. If intercourse is delayed more than 30 minutes or repeated, remember to use more lubricant!

-Over-

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5. Douching should not be done after intercourse. Douching can facilitate infection and pregnancy.
6. Spermicide seldom causes irritation in males or females and it will not cause infection. If irritation is suspected from a spermicide, try a different brand.
7. No prescription is needed.
8. The effectiveness of spermicide in preventing pregnancy is increased if partner uses a condom too. Effectiveness alone is only about 70-75%.
9. The effectiveness of condom and spermicide used every time as directed is 99%+.
10. Vaginal suppositories and films have not been shown to be more effective than other spermicides and should not be relied on as a sole method of contraception.
11. If spermicidal suppositories or films are used, the user must wait at least 10-15 minutes after insertion before the spermicide is completely activated.

\* Spermicides have been shown to cause vaginal irritation in some women. This irritation may increase one's susceptibility to HIV or other Sexually Transmitted Infections.

### Condom Use:

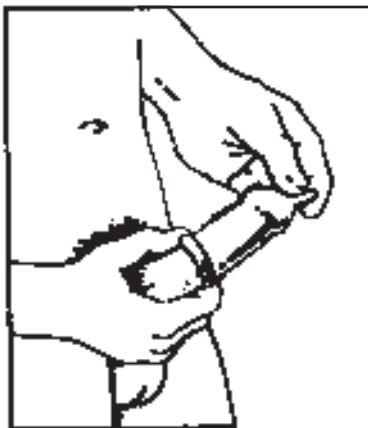
#### Step 1

Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you come (ejaculate). Put the condom on the end of your erect penis.



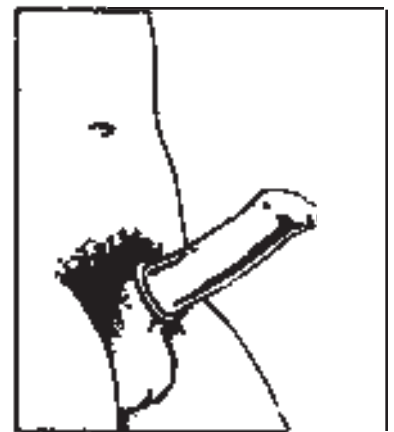
#### Step 2

Keep holding the tip of the condom. Unroll it onto your erect penis...



#### Step 3

...all the way down to the hair.



#### Step 4

Put the condom on before you enter your partner or have any skin-to-skin contact.

#### Step 5

You can use a lubricant like "K-Y" or contraceptive gel. Lubricants like vaseline or grease should not be used because they can cause the condom to break.

#### Step 6

After you come (ejaculate):  
 a. hold onto the condom at its base, and;  
 b. pull out while your penis is still hard.

#### Step 7

A new condom should be used for all new acts of intercourse.

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