

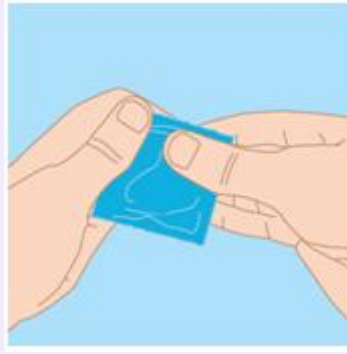
# Male condom

## Step 1



Check expiry date, CE & Kitemark and that the condom foil has not been tampered with.

## Step 2



Push the condom away from the serrated edge.

## Step 3



Open the foil gently at the serrated end, never with your teeth.

## Step 4



Remove the condom and check it's the correct way out, with the roll on the outside. If it's on the inside then the condom is inside out.

## Note

Put the condom on when the penis is erect and before it touches your partner

Fluid "pre-cum", sometimes comes out of the tip of the penis when it becomes erect. This fluid can contain sperm or could spread infection.

## Step 5



Squeeze the teat end of the condom so no air is trapped inside, and put the condom on the top of the penis. This lowers the risk of it bursting during sex.

## Step 6

## Step 7



If either partner feels that the condom has slipped off while having sex, pull the penis out slowly and check. If it has, remove the condom and put another one on before continuing.



Keeping hold of the teat, unroll the condom to the base of the penis.

After ejaculating hold the bottom of the condom, make sure your penis is fully out and away from your partner.

### Step 8

### Step 9



Gently remove the condom from the non erect penis.



The best way to dispose of a condom is wrapping it in a tissue and put in the bin, never flush down a toilet as it can cause blockages.