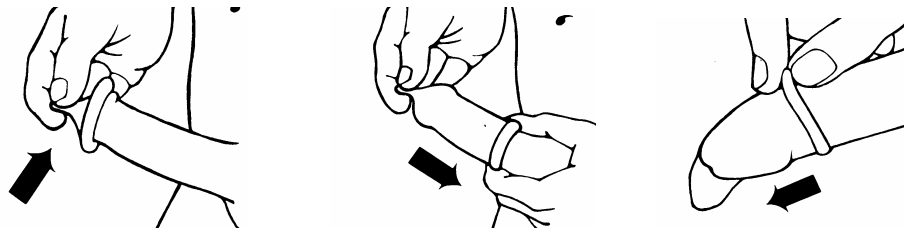


How to Use a Condom and Spermicidal Jelly for Intercourse

Condoms are used to prevent pregnancy and sexually transmitted diseases (STD's). No method offers 100% protection, except abstaining from all sexual behaviors, including oral sex, vaginal sex, and anal sex, genital touching/rubbing, etc. Condoms are between 85-98% effective in preventing pregnancy. Effectiveness rates are highest when condoms are used correctly and consistently. Although we do not have statistics on the effectiveness ratings of condoms in preventing STD's, we do know that using condoms every time you have sex significantly reduces your risk of contracting an STD. Some STD's may not be covered by the condom, such as herpes sores or HPV. However, using a condom reduces your risk significantly for these infections and others, and they are recommended for those who are sexually active.

- Check expiration date and check to see that the package is intact.
- Put the condom on before any genital contact. If uncircumcised, pull back the foreskin.
- Cover the head of the penis with the condom. Leave some space at the tip for ejaculate, but gently press out any air. This will reduce the risk of breakage. Unroll it, so that the entire erect penis is covered all the way to the base.
- If needed, you may generously apply a water-based or silicone lubricant to the outside of the condom before penetration. Do not use oil-based lubricants.
- To prevent slippage, hold the condom at the base of the penis whenever withdrawing.
- After ejaculation occurs, withdraw the penis before it gets soft. Hold onto the condom to prevent slippage. Throw the condom away.



Lubrication vs. spermicidal jelly: how do I decide?

There are two types of lubrication designed to be used for sex: one which contains a sperm killing agent or spermicide and one that does not. Spermicide can cause irritation to the vagina or rectum and therefore can increase a person's likelihood of becoming infected with a sexually transmissible disease or HIV, the virus that causes AIDS. Spermicide is not recommended for some individuals. To help you decide which product is best for you, follow these guidelines:

Spermicidal jelly

Best suited for couples involved in a long term, monogamous relationship who are both negative for STD's and use only condoms as their method of birth control. For these couples, there is no risk for a sexually transmissible disease because the relationship is monogamous and the spermicide will provide additional protection against pregnancy. Spermicidal jelly does offer lubrication as well. If you experience any discomfort, irritation or reaction to spermicide, discontinue use. You may want to consider using a lubrication that does not contain spermicide.

How to use spermicidal jelly for vaginal intercourse

- Insert spermicide before any genital contact and repeat application if more than 15 minutes passes before intercourse. Fill the applicator completely by attaching it to the tube and squeezing.
- Insert the applicator deep into the vagina and push the plunger completely into the applicator. Use an additional application of jelly if intercourse is repeated.
- Do not use spermicidal lubricant if vaginal irritation occurs. **Do not use spermicidal lubricant with anal intercourse.**

Lubrication

- Best suited for couples involved in a long-term monogamous relationship who use a hormone method of birth control (i.e. pill, Depo-Provera[®], patch or vaginal ring), but who desire additional lubrication to make sex more pleasurable.
- Best suited for individuals who have multiple sexual partners who are involved in short-term relationships. Lubrication should be used in conjunction with a condom for each act of intercourse.

- Best suited for individuals who are using intravenous drugs. Lubrication should be used in conjunction with a condom for each act of intercourse.

Lubrication instructions for use

Using additional lubrication during intercourse has many benefits. Lubrication can ease penetration, increase pleasure and reduce the likelihood of condom breakage. This lubrication does not contain Non-Oxyonol 9, a sperm-killing agent and can be used by couples who are planning a pregnancy and for those who may have allergic reactions or irritations to Non-Oxyonol 9.

Lubrication does not provide any protection against pregnancy or sexually transmissible diseases (STD's).

For vaginal intercourse

Insert one applicator of lubrication into the vaginal canal prior to intercourse. If drying or friction occurs during penetration, stop and insert another applicator full into the vaginal canal. You may also rub lubrication onto the penis, sex toy or around the opening of the vagina. Lubrication may also be used when stimulating the vagina with a finger(s).

For anal intercourse

Insert one applicator full into the rectum prior to intercourse. Use a finger to apply additional lubrication around the anus. You may also rub lubrication onto the penis or sex toy being inserted into the rectum. If drying or friction occurs, stop and insert another applicator full of lubrication.

Helpful suggestions

- STD's can be passed during vaginal, oral and anal sex. If you are using a condom for oral sex, you may prefer to use a non-lubricated or flavored condom. A condom can be cut to form a latex square for use as a barrier during cunnilingus or during oral-anal contact.
- If a condom breaks, immediate withdrawal is recommended. A new condom can then be used. To reduce the risk of pregnancy, a woman can immediately insert two applications of spermicide into the vagina.

Things to remember

- Latex condoms are recommended for best STD protection.
- Proper usage can increase a condom's protection. Avoid sharp objects, fingernails and air bubbles. Be sure there is plenty of lubrication.
- Store condoms in a cool place.
- Plan ahead and be prepared.
- Learn the facts about how HIV and other STD's are spread.
- Learn about how to talk with your partner about safer sex.
- Alcohol and other drugs lower inhibitions, seriously affecting judgement and can lead to unsafe sex.

For sexuality information or consultation, call the Sexuality Education Coordinator at: 333-2714.

To obtain condoms or spermicide, visit the Health Resource Centers at: McKinley Health Center, Information/HRC counter, located in the Main Lobby, (333-6000) or Illini Union/OASIS, Room 40, lower level (244-5994).

Reference

Hatcher, R., et. al, (2004) Contraceptive Technology, 18th Revised edition

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>