

Learn Proper Condom Use

When used correctly, a condom is 98% effective in the prevention of pregnancy. Along with this, a condom effectively prevents passing sexually transmitted diseases (STD) or HIV between sexual partners. In order to achieve these effectiveness measures, it is important to know how to use a condom.

For males, how to use a condom starts with proper storage. Although it may be tempting to store condoms in a wallet, this is not the ideal place. Proper condom storage should be in a cool place that is out of direct sunlight. Some condom manufacturers offer storage containers that fit nicely inside of a wallet. In addition to proper storage, be sure to check the expiration date of the condom. This is typically found on the actual condom package or box that the condoms came in. These two steps are crucial in knowing how to use a condom.

Once these two rules have been followed, the next part of knowing how to use a condom comes in opening the package itself. Be careful not to rip the condom with a fingernail or tooth when opening the package. Once open, place the condom over an erect penis. Holding onto the reservoir tip at the top, slowly roll the condom down over the erect penis all the way down to the base of the penis. When the male has achieved ejaculation, remove the penis making sure to hold onto the condom at the rim. This will ensure that the condom does not slip off or leak. After the condom has been removed, it can be disposed of in the trash.

For females, how to use a female condom is similar to using a tampon. In much the same way as a male condom, how to use a condom begins by checking the expiration date and carefully opening the condom packaging. Once open, check over the condom to ensure that lubrication is present both inside and outside of the condom. Grasp the condom at the closed end and insert two fingers inside the condom. Gently push the condom inside until the cervix is reached. The female will know the condom is in place when she can no longer feel the ring. Following sexual activity, remove the condom in the same manner that a tampon would be removed.

With both the male and female condom, the key in how to use a condom effectively comes in knowing that each sexual action brings on a new condom. If at any time during placement or sexual activity the condom becomes ripped or slips off, immediately stop all action and remove the condom. Start the entire process over again with a fresh condom from a new package. If lubrication use is desired, make sure to only use a water based lubricant with the condom. Any oil based lubricant such as baby oil will work against the latex foundation of the condom and result in breakage or leakage. Condoms require no prescription or embarrassing visit to the doctor. When combined with the relative inexpensive cost, learning how to use a condom makes perfect birth control sense.

For more information visit: [Learn Proper Condom Use](#)

About the Author

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