



**NORTH DAKOTA DEPARTMENT OF HEALTH**  
**Family Planning Program**

**INSTRUCTIONS FOR CONDOM USERS**

1. Use a condom EVERY time you have intercourse. Do not try to guess at your fertile times.
2. Have an adequate supply of condoms and water based lubricant on hand in case the first is damaged, torn before use, put on incorrectly or in case of repeated intercourse.
3. A condom should be put on the male's erect penis BEFORE THE PENIS IS PUT IN OR NEAR THE PARTNER'S VAGINA, MOUTH OR ANUS.
4. Pull the condom over the head of the penis leaving about 1/2 inch empty space at the end, or buy condoms with nipple tips to hold the semen.
5. Slowly unroll the condom until the entire penis is covered. The rolled ring should be on the outside.
6. After intercourse, hold on to the condom as you withdraw the penis, taking care not to spill any semen anywhere near the woman's vagina. The penis should be withdrawn soon after ejaculation, because loss of erection can cause the condom to slip off.
7. Store condoms in a COOL, DRY PLACE out of direct sunlight. Condoms should not be kept in a wallet more than one month as body heat can cause deterioration of latex.
8. Do not use Vaseline, cold cream, or any oil based lubricants with latex condoms, as these products may weaken the condoms and holes may develop. (You may want to use contraceptive spermicide if additional lubrication is needed.)
9. To increase the effectiveness of condoms, use contraceptive spermicide at the same time.
10. Condoms should never be reused.
11. Check the condom for visible damage, such as holes, before you throw it away.
12. If the condom tears, leaks, breaks, falls off or is not used contact your health care provider as soon as you can. DO NOT DOUCHE. Emergency contraception may be used to prevent pregnancy if started up to 120 hours of having unprotected intercourse, but works best the sooner it is started. Wash genitals with soap and water immediately after intercourse to reduce the risk of acquiring a STI. Then insert an applicator full of spermicide into the vagina as soon as possible.
13. Condoms in damaged packages or that show obvious signs of deterioration (e.g., brittleness, stickiness or discoloration) should never be used.