

IT'S EASY TO GET A

DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES MORE AFFORDABLE FOR EVERYONE

BECOME A MEMBER AND SAVE TODAY!

WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT
shfpact.org.au
OR AT RECEPTION



OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.
Level 1,
28 University Avenue
Canberra ACT 2601

CONTACT

02 6247 3077
shfpact@shfpact.org.au
0400 770 999 (SMS ONLY)

ENGAGE

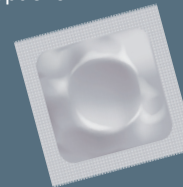
shfpact.org.au
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DONATE

All donations to SHFPACT over \$2.00 are tax deductible

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information & services
- IUD's and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception Advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescription



SHFPACT is a health promotion charity (HPC) assisted with funding from the ACT Government.



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077 • SMS 0400 770 999
or email shfpact@shfpact.org.au

shfpact.org.au

Last updated March 2021

WHAT ARE CONDOMS?

Condoms are worn during sexual activity to prevent sexually transmissible infections and as a contraceptive method to prevent pregnancy. There are two different kinds of condom available, the external condom and the internal condom. This information brochure is about the external condom. For more information about the internal condom, see SHFPACT's information brochure about this.

HOW DO EXTERNAL CONDOMS WORK AND WHAT ARE THEY MADE OF?

External condoms are made of thin, strong latex rubber or polyurethane. They are used by being rolled onto the erect penis before vaginal, anal, or oral sex. A condom is a physical barrier that stops body fluids (e.g., semen, vaginal fluids) from passing between sexual partners. A condom can only be used once then needs to be discarded in the bin.

HOW EFFECTIVE ARE EXTERNAL CONDOMS AS A CONTRACEPTION?

As a contraceptive method external condoms are 98% effective with perfect use, and 88% effective with typical use. Perfect use means using a condom correctly every time you have sex and using it the whole time. If not used correctly and consistently, the failure rate will be higher.

WHAT ARE THE ADVANTAGES OF CONDOMS?

- Condoms are the best protection against sexually transmissible infections (STIs).
- They can be used as needed.
- They are easy to get from supermarkets, pharmacies, adult shops, and vending machines.
- They are not too expensive.
- There are no significant medical risks or side effects.
- They can be used in combination with other contraceptive methods, such as the contraceptive pill, to increase that method's effectiveness.
- They can be used with fertility awareness methods to reduce the risk of pregnancy.

WHAT ARE THE DISADVANTAGES OF CONDOMS?

- A small number of people are sensitive to latex or lubricant. (Non-latex condoms are available for people with latex allergies, and there are low allergy lubricants available).
- The interruption to sexual activity can be a concern for some people.
- Some people complain of reduced sensitivity during sexual activity.
- They can break or slip off.
- Some people may experience difficulties with erections (this can sometimes be helped by practicing using condoms before any sexual activity with a partner, especially for younger people).
- Those whose erections are less firm may find it a little difficult to use external condoms.

WHY IS LUBRICATION IMPORTANT WHEN USING EXTERNAL CONDOMS?

Lubrication is the wetness that makes penetration more comfortable during intercourse. While most condoms are already lubricated, additional water-based lubrication is a good idea. This will increase comfort and help prevent breakages.

Water-based lubricants are available from pharmacies and supermarkets; several brands are available, so find one that suits. Saliva (spit) is not usually slippery enough to use but may help if nothing else is available.

Oil-based lubricants can weaken latex condoms and increase the risk that the condom will break so should not be used. Oil based lubricants include petroleum jelly (e.g., Vaseline), cooking oil, baby oil, suntan oil, massage oil, hand lotions, or creams.

WHY DO CONDOMS SLIP OR BREAK?

A condom may slip or break if:

- It is not put on correctly.
- There is not enough lubrication during sexual intercourse.
- An oil-based lubricant is used.
- A vaginal thrush treatment that is oil-based is used. Check with your pharmacist and use a water-based treatment.
- It is torn by fingernails, jewellery, or teeth.
- Sexual intercourse is prolonged or very vigorous.
- The penis loses erection before withdrawal.
- The penis and condom are not held securely when withdrawing.
- The condom is too big or too small for the penis.
- The latex is weakened when past its use-by date or exposed to heat or sunlight.

WHAT SHOULD I DO IF A CONDOM SLIPS OR BREAKS?

Emergency contraception can be used to help prevent pregnancy if a condom slips or breaks. It is taken by the partner at risk of becoming pregnant, should be used within 72 hours, and the sooner it is used the better. Emergency contraception can be obtained from Walk-in Centres, SHFPACT, Canberra Sexual Health Centre, and most chemists.

If your sexual partner is a new partner, or a casual partner, you should consider having a sexual health check for sexually transmissible infections. You can do this at SHFPACT, at Canberra Sexual Health Centre or with your GP.

If you feel you might be at risk of exposure to HIV then you may need medication to reduce the risk of becoming infected. This medication is called PEP. PEP needs to be taken within 72 hours of exposure.

If you think you may need PEP please contact Canberra Sexual Health Centre on **02 51242184** or go to your local hospital emergency department if it is after hours. See SHFPACT's PrEP and PEP information brochure for more information about this.

WHERE ARE CONDOMS AVAILABLE?

External condoms are available from pharmacies, supermarkets, convenience stores, vending machines, adult shops, and online. They come in different shapes, thicknesses, flavours, textures, sizes, and colours.

Adult shops can assist with less common sizes if you are having difficulty with fit or comfort wearing a condom.

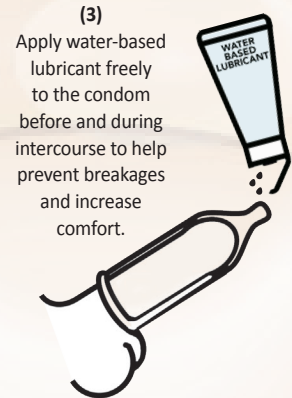
HOW DO I USE A CONDOM?

- Always make sure there is mutual consent.
- Always use a new condom each time you have penetrative sex.



(1)

Push the condom to one side before opening the packet. Gently tear the corner and remove the condom. Take care when opening condom packets as the use of your fingers, teeth, and fingernails may cause damage to the condom.



(3)

Apply water-based lubricant freely to the condom before and during intercourse to help prevent breakages and increase comfort.



(2)

Condoms should be placed on the erect penis before any contact with the sexual partner's genitals. Squeeze the air out of the tip with your thumb and finger — an air bubble in the tip can cause bursting or breakage during ejaculation. Roll the condom all the way to the base of the penis.



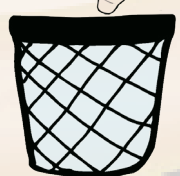
(4)

Withdraw the penis immediately after ejaculation, holding the condom at the base of the penis before it becomes soft. Remove the condom. Be careful not to allow the condom or the penis to touch the sexual partner's genitals or anus.



(5)

Dispose of the condom in a rubbish bin. Don't flush it down the toilet!



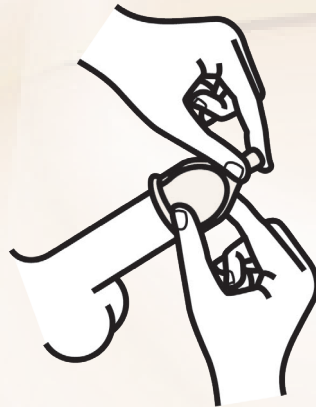
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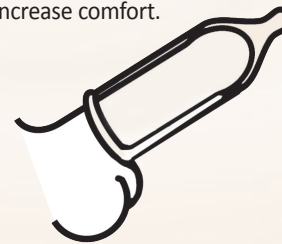
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