

# All about Condoms and Spermicides

**Condoms and spermicides work together to help protect you from pregnancy.**

Condoms fit over the man's erect penis. Sperm are kept inside the condom and can't get to the woman's egg.

Spermicides cover the woman's cervix and kill the man's sperm. Spermicides come in gel, foam, cream, film, suppositories, or tablets.

## How do condoms and spermicides work?

Condoms are made of strong latex or plastic. Some condoms are made with spermicides on them. Condoms help keep the man's sperm out of the woman's vagina. Condoms also help prevent the diseases that can be spread during sex.

The woman uses spermicide at the same time the man uses the condom. If the condom breaks or leaks, the spermicide will help kill the man's sperm.

Using spermicides without condoms will ***not*** prevent sexual diseases.

## **How well do condoms and spermicides work?**

Use a new condom every time you have sex. Do not re-use condoms.

- ◆ About 2 to 15 out of 100 women whose partners use condoms may get pregnant in a year.
- ◆ If spermicide is used without condoms 18 to 29 out of 100 women may get pregnant in a year.

## **What do people like about using condoms and spermicides?**

- ◆ You can buy condoms and spermicides in any drugstore or supermarket.
- ◆ They cause no serious health problems.
- ◆ Condoms will help protect you from HIV (the virus that causes AIDS) and other sexual diseases.

## **What do some people dislike?**

- ◆ You may have to stop what you are doing to use them.
- ◆ The spermicide may irritate the vagina or penis.
- ◆ You must use a new condom and put in more spermicide every time you have sex.

## **Use a new condom every time you have sex.**

### **How to use a condom:**

Put the condom on before the penis touches the partner's vagina, anus, or mouth.

- ◆ Open the package with care, so you don't tear it.
- ◆ Hold the tip of the condom to squeeze out the air.
- ◆ Roll the condom onto the erect penis.
- ◆ After the man "comes," hold onto the base of the condom as the penis is pulled out.
- ◆ Roll the condom off and throw it in a trashcan. Do not flush down the toilet.
- ◆ Use each condom only one time.

## **Things to remember:**

- ◆ Store condoms in a cool, dry place.
- ◆ Check the expiration date of the condoms.
- ◆ Use only water-based lubricants.
- ◆ Don't use Vaseline or other oil-based products. It will damage the condom.
- ◆ If your condom breaks or leaks during sex, ask your Family PACT provider about Emergency Contraceptive pills.

## **How to use Spermicides:**

Spermicides work best when put in just before having sex. If it has been more than 15 minutes, use more spermicide. Follow the directions on the package of the spermicide you have chosen.

## **For example, if you choose foam:**

- ◆ Shake the birth control foam can at least 20 times.
- ◆ Then fill the applicator with foam.
- ◆ Put the applicator deep into the vagina. Press gently to push the spermicide up into the vagina.
- ◆ Have sex right away.
- ◆ Every time you have sex, use another applicator full of foam.

Ask your Family PACT provider to tell you about birth control film, tablets, suppositories, foam, cream and gel.

**When you use any of these spermicides, make sure your partner uses condoms, too.**

**Condoms will help  
protect you from HIV  
(the virus that causes AIDS)  
and other diseases people get  
from having sex.**