



# 1

1. First, check that the condom is intact, that it's within the expiry date and that it carries the CE mark and the Kitemark. Tear along one side of the foil taking care to handle the condom carefully, including removal from the package so as to avoid damage to the condom by fingernails, jewellery, etc. Take the condom out of its individual foil cover to [www.bbc.com/health/sex](http://www.bbc.com/health/sex)



# 2

2. The condom should be placed on the erect penis before any contact occurs between the penis and the partner's body to assist in the prevention of sexually transmitted infections and pregnancy.



# 3

3. Hold the condom tail between your thumb and finger making sure that the condom is the right way for unrolling (the tail must be inside). Squeeze the tail and expel air from the condom, reducing the chance of it bursting during use.



# 4

4. Using your other hand unroll the condom down the entire length of the penis, while still holding the tail. Make sure the condom stays in place during sex. If you feel the condom slipping off stop and check that the condom is still in place. Check if the condom feels like it is tightening excessively onto the penis because this might lead to breakage.



# 5

5. Withdraw the penis soon after ejaculation, while holding the condom firmly in place at the base of the penis. Only when the penis is completely withdrawn can you remove the condom. Make sure you keep the penis and avoid contact away from the vagina and anus. After use make sure you dispose of the condom hygienically. Wrap it in tissue and place it in a waste bin. Do not flush it down the toilet.

