

Steps for Using External (formerly “male”) Condoms

1. Check expiration date on condom package.

2. Push (squeeze) the condom to one side and open the package, being careful not to tear the condom.

3. Check to be sure that the condom will roll down the penis correctly.



Condoms roll in only one direction.

**4. Pinch air out of the tip
of the condom.**

5. Put the condom on the tip of the erect penis before any contact between the penis and a partner's genitals, mouth or anus. If the penis is not circumcised, pull back the foreskin before putting on the condom.

6. Unroll the condom to the base of the penis. Smooth out any extra air. Put lubricant on the outside of the condom if you wish.

**7. Check during
intercourse to make
sure the condom is
not slipping.**

8. After sex, hold the condom firmly by the rim at the base and withdraw (pull out) while the penis is still erect.

**9. Remove the condom
by rolling it off. Do this
away from your
partner's body.**

10. Wrap the condom in tissue and throw it away. Do not flush condoms down the toilet.

**11. Never reuse a condom.
If you want to have sex
again, always use a new
condom.**

