

Patient Information:

Condoms and Spermicides What College Students Need to Know

- ◆ **Male Condoms**
- ◆ **Female Condoms**
- ◆ **Spermicides**
- ◆ **Advantages and Disadvantages**

What is a condom?

Condoms are worn for oral, anal, and vaginal sexual contact. It is a barrier method used to prevent pregnancy and/or to control the spread of disease. Condoms are made of either latex rubber, polyurethane, or animal membrane. Animal membrane condoms prevent pregnancy but have large enough pores through which tiny HIV and Hepatitis B virus particles can pass. They are not recommended for the prevention of STD infections. Latex condoms (and possibly polyurethane condoms) form a better barrier against HIV and other STDs.

Why use condoms with spermicides?

Using a spermicide AND a condom significantly reduces the chance of unwanted pregnancy. On most "spermicidally lubricated" condoms there is probably not enough spermicide to make much of a difference. If you want to increase the contraceptiveness of condoms you should use a separate spermicidal product such as foam, film, vaginal insert, or jelly. If you choose to use additional spermicide, select one with octoxynol-9. Nonoxynol-9 has been shown to cause genital/rectal irritation.

MALE CONDOMS

How effective are male condoms?

Next to abstinence, condoms are the best protection against STDs, including HIV. When used properly, condoms are about 90% effective in preventing pregnancy and 95% effective if used with spermicide.

Where can you get male condoms?

You can purchase condoms at the Schiffert Health Center Pharmacy, off-campus pharmacies, convenience stores, grocery stores, etc.

How To Avoid Condom Breakage!

- ◆ Petroleum products such as Vaseline, hand lotions, sun tan oil, or bath oil can destroy latex condoms. Use only water base products for lubricating latex condoms. Oil based products do not break down polyurethane condoms.

- ◆ Unlubricated condoms are more likely to break. Either use spermicidally lubricated condoms or one partner can use unlubricated condoms and the other partner can use some kind of water base spermicidal lubricant.
- ◆ Use condoms with a reservoir at the tip to catch the semen and prevent breakage. Make sure the air is out of the condom as you roll it on since trapped air can cause breakage.
- ◆ Heat destroys latex, so keep condoms in a cool place until you need them. (Carrying condoms around in a wallet for long periods of time or leaving them in a car can weaken the latex).
- ◆ Buy condoms at a reputable store or pharmacy and make sure that the condom is not expired.
- ◆ Never use condoms more than once.
- ◆ NEVER FLIP A CONDOM OVER AND/OR REAPPLY IT AFTER IT HAS BEEN USED OR APPLIED. (I.E. INSIDE OUT - WHEN IT WON'T ROLL DOWN) THIS CAN SPREAD STDs AND/OR CAUSE PREGNANCIES.

FEMALE CONDOMS

What is a female condom?

Currently the only female condom approved for sale is called FC (Female condom or FC2). It is packaged with extensive instructions. FC2 is made of a newer nitrile material which is less likely to make distracting crinkling noises.

Women should practice inserting the female condom several times before usage and should make sure that their partners understand how the device works as well. SHC does not sell female condoms, but they are available at most local pharmacies in the condom section. The male and female condoms should not be used together at the same time.

SPERMICIDES

What is a spermicide?

A spermicide is a chemical preparation that immobilizes and kills sperm. It comes in Jellies, creams, foams, suppositories, film, and as a coating on

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condoms. There are several different chemical spermicides that can be purchased at any pharmacy.

How do you use spermicides?

- ◆ Read the directions for each form of spermicide. Directions may vary depending on the type of spermicide you use.

- ◆ Spermicides and condoms should be used before any genital contact occurs. Pre-ejaculation fluid may contain sperm and disease causing organisms. Vaginal secretions may also contain STD causing organisms.
- ◆ Most spermicides work best if applied just before intercourse.

Advantages and Disadvantages of Condom or Condom + Spermicide Use

	Condoms	Condoms + Spermicide
Advantages	<p>Provides some protection against STDs</p> <hr/> <p>Effective Contraception</p> <hr/> <p>No prescription necessary</p> <hr/> <p>Easy to use</p> <hr/> <p>Cost effective</p>	<p>Adding spermicide provides additional pregnancy protection when using condoms</p> <hr/> <p>Provides more lubrication which helps prevent breakage</p> <hr/> <p>No prescription necessary</p> <hr/> <p>Easy to use</p> <hr/> <p>Cost effective</p>
Disadvantages	<p>Condom may slip off if left in place when erection subsides</p> <hr/> <p>Allergic reaction to latex may occur</p> <hr/> <p>Condom could break if dryness occurs</p> <hr/> <p>May interfere with spontaneity</p>	<p>Can be messy</p> <hr/> <p>Allergic reaction to latex and/or spermicide may occur (look for octoxynol-9 products)</p> <hr/> <p>Condom may slip off if left in place when erection subsides</p> <hr/> <p>May interfere with spontaneity</p>