

This is your guide to the wonderful world of condoms (and lubricant). Condoms stop HIV and reduce the transmission of many STIs (sexually transmissible infections). Try out different types until you find the one that feels best for you. Use this simple guide and you should have few problems. Remember, practice makes perfect.

Sizes

If size is an issue, look for *Ansell Large* or *Sax Bigger Fit* condoms if you have a large dick or *Durex Close Fit* or *Sax Tighter Fit* condoms if you are smaller. Most important is girth (thickness) followed by length.

Finding a condom that best fits the shape of your dick will reduce the likelihood of it slipping off, being too tight or being uncomfortable.

Thickness

If losing sensation while wearing a condom is a concern, try a thinner condom such as *Four Seasons Naked*, *Ansell Ultra Thin* or *Durex Fetherlite*.

Pleasure Enhancing

Some condoms come with added extras to help increase pleasure. *Durex Extended Pleasure* contains a special lubricant inside the condom to delay orgasm. *Ansell Rough Rider* condoms come studded and *Durex Pleasuramax* are ribbed and studded. Flavoured condoms can make oral sex with condoms more enjoyable.

Shapes

Dicks come in different shapes and sizes. So too do condoms. Find the condom that best fits you. For example, *Ansell Regular* condoms are wider at the head of the dick and *Durex Regular* are wider at the head and the base. *Four Seasons Regular* and *Durex Fetherlite Intense* condoms are the same width all along. Look for the diagram on the box to see the shape.

Novelty

Novelty condoms, including glow-in-the-dark, animal-head and some flavoured ones, are not as strong as regular condoms and are not recommended for anal sex. However if you've got nothing else, these condoms are better than none.

Rubber Allergy

Most condoms are made out of latex (rubber). HIV and other viruses and bacteria can not pass through latex condoms.

Some condoms are made from polyurethane (e.g. *Durex Avanti Ultima*). These are good if you are allergic to latex, but they are usually more expensive.

Your Guide to Condoms & Lube

1 Using Condoms

Check your condom meets Australian standards and hasn't passed its expiry date (you can find this out on the box and/or the condom foil).



2

Open the condom packet with your fingers (not teeth) being careful not to tear the condom.



3

Squeeze the tip of the condom to remove the air and roll down an erect dick all the way to the base, with the tip pointing up (pull back the foreskin if there is one).

4

If it doesn't roll down easily it may be inside out. If so, start again with a new condom if possible.



5

Apply lots of water or silicon based lubricant to the whole length of the dick and in & around the arse.



6

Check regularly that the condom hasn't split or come off and change it for a new one every half hour or so. Apply more lube.



7

After coming, hold the base of the condom and withdraw, being careful not to allow the cum to spill out.



8

Dispose of the condom by wrapping it in a tissue and throwing it in the bin. If using condoms in sex venues or beats, be considerate about how you get rid of them.



Lubricant

Water based lubricant is best to use with latex condoms (e.g. Durex Play, Wet Stuff). Silicon based lubricant is also good (e.g. ID Millennium, Wet Platinum). It lasts longer, but is harder to wash off hands and sheets.

Oil based lubricants (e.g. Crisco, Elbow Grease) and including moisturizers, sunscreens and massage oils can cause condoms to easily break and should be avoided. Saliva is also not a good lubricant.

Most condom breakage is due to not enough lube being used.

Condom Do's

- Do carry condoms with you so you're always prepared.
- Do be the first to mention or reach for the condoms.
- Do use condoms on dildos and butt-plugs if sharing.
- Do use condoms after douching as douching can irritate the lining of the arse.
- Do take condoms with you on holidays – they may not be so easy to find or be the right type.

Condom Don'ts

- Don't use two condoms at once – the friction between them causes breakage.
- Don't reuse condoms, even if you've washed them out.
- Don't use condoms with spermicide – this irritates the lining of the arse.
- Don't use the same condom in different people – you might be safe but they won't be.
- Don't assume that if he doesn't mention condoms he must be the same HIV status as you.
- Don't store condoms in direct light or heat (e.g. glove box, wallet) - this causes them to break

Buying Condoms & Lube

Condoms and lube are available from most supermarkets, pharmacies and convenience stores. Condoms are also usually available from petrol stations and pub/club vending machines.

You'll probably find a wider range of condoms and lube in adult shops and sex venues or online (e.g. www.condomshop.com.au or www.condomcountry.com.au)

Limited supplies of free condoms are available from QAHC, Queensland Positive People, sexual health clinics, Family Planning Queensland and some GPs. QAHC also provides free party packs for those organising or attending sex parties (see www.qahc.org.au/fpacks or ring 3017 1777).

Your Guide to Condoms & Lube

Difficulties with Condoms

If condoms make your dick go soft, try different sizes, shapes and thicknesses. A very small amount of lube on the inside of the condom can increase the feeling. Cockrings or erectile dysfunction medication (e.g. Viagra, Cialis) can help you stay hard. Erection problems may also be psychological (e.g. depression or stress) – so talk to your GP, sexual health clinic or counsellor.

Playing with condoms and wanking on your own while wearing one, can help you get used to using them and stay hard.

Further Information

For more information on getting and using condoms ring the Men's Sexual Health Line on 1800 155 141 or visit www.men.org.au or www.afao.org.au/condoms

Talk to your GP or sexual health clinic about HIV, STIs and erection problems.

Also, talk to your partner/s or mates about their experiences with using condoms and lube. You'll never know what you might learn.



www.qahc.org.au

