

Condoms – Internal and External

Rubbers



How do condoms work?



- Condoms work by creating **a barrier that stops semen from entering the vagina**. The semen is deposited into the condom and then removed from the vagina so sperm cannot fertilize an egg.
- External condoms come in a variety of sizes, lubrication, ribbing, flavors, and colors. External condoms are usually made out of latex, but also come in polyurethane and lambskin.
- There is only one internal condom available. The brand name is **FC2 Internal Condom**. Internal condoms are made out of a synthetic material called nitrile.
- Condoms can be used during vaginal, anal, and oral sex to prevent sexually transmitted infections. The inner ring of the internal condom should be removed for anal sex.
- Condoms work for people of **all weights, all ages, and those using gender affirming hormone therapy**.

How do you use condoms?

put on/in
before sex

You and your partner must decide to use a condom during **each act of penis-vagina sex**.

- **Opening the condom:** Push the condom to one side and tear the other side of the package open. Never use scissors or your teeth. Take the condom out and inspect it for any rips, holes, or noticeable flaws.
- **External condom:** Roll the external condom onto the erect penis, before putting it into the vagina. The bottom rim of the condom goes on the outside. Pinch the tip of the condom while rolling it down the penis with the other hand until the penis is fully covered. Remove it immediately after sex, hold the condom at the base of the penis while you pull out so the semen does not spill. Check for damage and dispose of it.
- **Internal condom:** Insert the internal condom up to 8 hours before sex. The condom has an inner, thicker ring that goes inside your vagina and an outer, thinner ring attached to it that stays outside the vagina. Pinch the inner, thicker ring to collapse it into a oval. Insert the pinched ring into your vagina. Place your finger inside the condom opening to push it in as far as it will go. The outer, thinner ring should stay outside your vagina by an inch and the condom should not be twisted. Hold the condom open while putting the penis inside your vagina to make sure it doesn't go on the outside of the condom. To remove, twist the outer ring and pull it out, careful to not let semen spill out. Check for damage and dispose of it.
- **Use a new condom with each act of sex.** Condoms cannot be reused.
- **Cost:** You can get a prescription for condoms so they are free. At a store, each condom costs \$0.50-\$6. There are also many places to get free condoms without a prescription such as health centers.



Privacy and control

- You do not need a provider to start or stop using condoms. Your provider can counsel you on how to use condoms correctly and can give you a prescription so they are free with insurance.
- You and your partner must agree to using condoms. You both will see and feel the condom.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using condoms, but they may find your unused/discarded condoms.

When starting condom use, will it work immediately?



Yes, condoms work for each act of penis-vagina sex you use it correctly. If used incorrectly, or not at all, they will not work.



Condoms may not be right for people who

Are not able to negotiate condom use with their partner.



Use emergency contraception if

You think some semen could be in your vagina because the condom rips/slips or semen spills out of the opening during sex or removal.

How well do condoms prevent pregnancy?



External
Condom



On average, **13 out of 100 people using external condoms will get pregnant each year.** This means it is **87% effective** with typical use. Typical use considers how easy it is to use a condom every time you have sex.

With perfect use, meaning external condoms are always used correctly, 2 out of 100 people using external condoms will get pregnant each year. It is 98% effective.



Internal
Condom



On average, **21 out of 100 people using internal condoms will get pregnant each year.** This means it is **79% effective** with typical use. Typical use considers how easy it is to use a condom every time you have sex.

With perfect use, meaning internal condoms are always used correctly, 5 out of 100 people using internal condoms will get pregnant each year. It is 95% effective.

You can use another method of contraception with condoms to provide more protection against pregnancy. Do not use two condoms together.



Side effects

Sexually transmitted infections: Condoms lower your risk of all sexually transmitted infections.

- Condoms can be used to lower your risk of sexually transmitted infections during anal and oral sex too.

Period: No effect.

Period cramps: No effect.

Weight: No effect.

Acne: No effect.

Fertility return: When you stop using condoms, you can get pregnant right away.

Other possible side effects: Vaginal, vulvar, or anal irritation.



Postpartum use

Condoms are **safe to use right after giving birth.** They have no effect on lactation, breastfeeding/ chestfeeding, or infant development.



Contact your provider if you have

- Vaginal, vulvar, or anal irritation
- Allergic reaction



Questions to ask your provider

- How I can talk to my partner about using condoms?
- How can I get free condoms?
- Can I feel it if the condom rips or slips during sex?
- What size external condom do I need?
- How do I dispose of a condom?
- Can I use lubrication with condoms?

Scan for a contraception guide and information sheets on each method.

