

TROUBLESHOOTING

The most common complaints with condoms are that they interfere with the sexplay and that they decrease sensitivity. All of this need not happen if you and your partner are willing to put some effort into practicing! Here are some tips:

- Include condoms in your foreplay.
- Have the partner place the condom over the partner's penis.
- Make it a "fun experiment".
- Try different models until you find the right one that suits you!

Other problems might be...

My partner does not like to use a condom



This is a tough one...you have to convince your partner. Be creative! Here are some selling tools for you:

- One of you might have an STI without knowing or feeling anything at all.
- STIs and HIV infections can happen to anybody, no matter who you are.
- The majority of STIs are potentially more damaging to the woman than to the man. That's because many STIs infect the reproductive organs of the woman and may lead to infertility.

Losing the erection



A woman should always be supportive if the partner has a problem with his erection. After all, the man is showing responsibility by using a condom and the woman should encourage this. Putting on the condom could be part of making love. Masturbation and oral pleasuring techniques might help.

Condoms do not allow for spontaneity



If you and your partner make condom use a part of your sex play, there shouldn't be any problem with spontaneity.

Condom breaks



This very rarely happens with the condoms that are available today. Condom breakage also does not necessarily lead to pregnancy. Reasons for breakage are rough handling, use of oil-based lubricant on latex condoms or expired condoms. Refer to page 84 for advice and consult for emergency contraception as soon as possible!

Condom slips off during intercourse



It can happen when too much lubricant was used on the inside of the condom. Take it off completely and use a new one with less lubricant. Consult for emergency contraception as soon as possible!

VERY IMPORTANT:

- Use a condom EVERY time you have sex.
- Use a NEW condom for each act of intercourse.
- Keep the condoms in a dark and dry place away from heat.
- Always have a spermicide with an applicator handy to use with the condom and to use in an emergency when the condom slips or breaks. Then go to the pharmacy for emergency contraception.
- **Use only water-based lubricants** with the latex condom. Please refer to page 84 for different lubricants.
- **Use water or oil-based lubricants with the polyurethane condom.**
- For mouth to penis contact use flavoured condoms or condoms which are dry (not pre-treated with a lubricant) to avoid bad taste.