![C:\Users\charlotte.cossey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ML126BRB\pink-heart-outline-clipart-atexglat4[1].png]()![C:\Users\charlotte.cossey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ML126BRB\pink-heart-outline-clipart-atexglat4[1].png]()**Quick guide to condoms**

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**Patient Information Leaflet**

<https://www.sexwise.org.uk/resource/your-guide-condoms-pdf>

**How to use**

* Full instructions provided in the information sheet accompanying the condoms.
* Additional lubricant (water or silicone based) may be more comfortable after giving birth.

**Useful links.**

<https://www.fsrh.org/standards-and-guidance/documents/contraception-after-pregnancy-guideline-january-2017/>

<https://www.fsrh.org/standards-and-guidance/documents/ceuguidancebarriermethodscontraceptionsdi/>

**Sizes**

* We supply 3 sizes:

Regular: Average length and width to suit most penises – straight sided with a round/teated end.

Trim: designed for a thinner or shorter penis.

Large (king-sized): Designed to fit a larger penis – vary in shape, some are flared to improve comfort and make them easier to put on.

**Risks**

* No serious side effects
* Can slip off or get split – particularly if wrong size, or damaged by fingernails, jewellery, too much / not enough lubricant used
* Potential latex sensitivity (this is rare)

**Counselling points**

Fertility can return as early as 3 weeks after giving birth, contraception needs to be used at this point to prevent pregnancy.

It is recommended that women wait for 1 year before becoming pregnant again.

Condoms are a barrier method of contraception preventing sperm from meeting an egg.

If condoms are always used correctly they are 98% effective if they are not always used correctly they are around 82% effective. They are considered one of the least effective forms of contraception.

Condoms can be external (male) or internal (female). We only supply external condoms, made of thin latex, polyurethane, or polyisoprene.

Condoms can be started any time after giving birth.

They may be used alongside other forms of contraception to reduce the risk of contracting STIs.

**Benefits**

* Only needs to be used during sex
* Protection from sexually transmitted infections
* Safe with breastfeeding
* Variety of shapes / sizes
* Easily available

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