

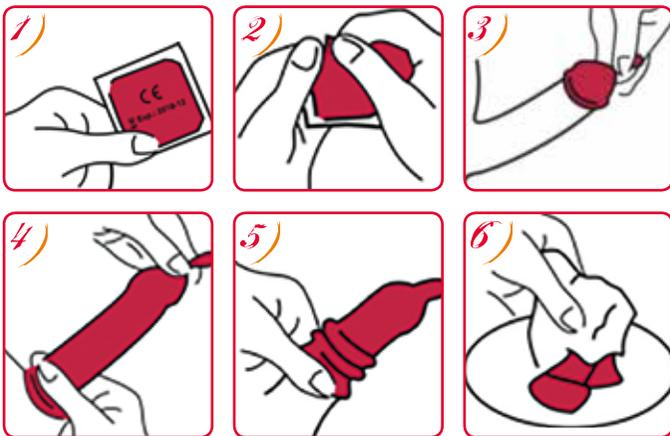
4) How to **prevent** a condom from **breaking or slipping off**?

The condom itself:

- Always use good quality condoms, made of latex or polyurethane.
- Inspect the package for damage and expiry date.
- Store them in a cool place.
- Condoms come in different sizes. Use the correct size for every penis.

Using the condom:

- 1) Check the expiry date on the package.
- 2) Take care not to damage the condom when opening the package. Never use your teeth or scissors.
- 3) Squeeze the condom tip and hold it against the top of the erect penis.
- 4) Roll the condom down to the base of penis.
- 5) Withdraw the penis after ejaculation and remove the condom.
- 6) Tie a knot in the condom and throw it in the bin.



Do NOT stretch the condom with both hands to get it over the penis. Check whether the condom is not too small? Beware of sharp nails!

- Use a new condom for each sexual contact, even if it is with the same person.
- Never use two condoms on top of each other.

Lubricants:

- Always use your condom with sufficient lubricant, for anal as well as vaginal sex. Good lubricants are water or silicone based. Never use massage oil, Vaseline or other oil-based lubricants. Oil renders the condom porous.
- Using lubricants is recommended for vaginal dryness or prolonged sex. It reduces the risk of tearing the condom.

During sex:

- Use your hands to hold the rim of the condom to the base of the penis during sex. This is to avoid the condom slipping off during sex and/or a client breaking the condom.

After ejaculation:

- The penis must be withdrawn from the vagina or the anus immediately after ejaculating, with the penis still erect.
- While the penis is being withdrawn, hold the rim of the condom so that it cannot slip off.

More information

Ghapro

Verversrui 3, 2000 Antwerp
Tel. 03 293 95 91
0474 98 57 66

www.ghapro.be
www.infosexwork.be

Pasop

Brabantdam 100 b, 9000 Ghent
Tel. 09 233 47 67
Ertbeekstraat 34, 3500 Hasselt
Tel. 011 33 30 58

www.pasop.info



Responsible editor: Katleen Peleman
Artwork: Sensoa, all rights reserved
Edition December 2014

Dit is een vertaling van de Nederlandstalige folder 'klapcondoom' naar het Engels.

Broken condom

What to do if a condom breaks or slips off?

1) Did your condom break? Was any pre-ejaculate or sperm released inside you? **Remove the pre-ejaculate or sperm** cautiously so you do not create any wounds. These are gateways through which germs can easily enter your body.

☞ If it happened during **vaginal sex**, simply remove the sperm from your vagina by **squatting down and squeezing gently**. Never use your fingers or an object, because they may create small wounds. It is best not to wash internally, because this can push the sperm higher into your vagina. External washing poses no problem.

Do not use any irritant substances that might damage the mucous membrane of the vagina, such as bleach, Dettol, Isobetadine ... and do not use feminine hygiene soaps.

☞ If it happened during **anal sex**, you must try and squeeze the sperm out. This is best done on the toilet or squatting down. Do not use anal wash or a finger to clean internally. The mucous membrane of the rectum is very vulnerable, so it is very easy to cause wounds if you insert an object into your anus. External washing poses no problem.

Do not use any irritant substances that might damage the mucous membrane of the rectum, such as bleach, Dettol, Isobetadine ... and do not use feminine hygiene soaps.

☞ For men who break a condom during **penetration**, it is best to urinate and not to wash.

☞ If you get pre-ejaculate or sperm in your mouth during **oral sex**, spit it out. You may rinse your mouth gently with plain water, but make sure not to swallow or gargle. The mucous membrane in the throat is very thin and is easily penetrated by germs. **Do not rinse** with mouthwash such as Hextril, Listerine or similar products. Brushing or flossing your teeth is not recommended as it creates small wounds. Wait at least one hour before eating or drinking.

2) Protect yourself against **unwanted pregnancy** even before you have to deal with a broken condom.

Use a contraceptive to make sure you are safe. There are **several types of contraceptives**. See your doctor to find out which one suits you best.

If you are not taking any contraceptives and a condom breaks, you may get pregnant. Even if the client has not come yet, you may still get pregnant. The pre-ejaculate also contains sperm cells. In that case you should take an **emergency contraceptive/morning-after pill**.

☞ Emergency contraception can be bought without prescription at any pharmacy. You have 72 hours (three days) to take an emergency contraceptive, but you have a better chance of success if you take it as soon as possible.

On weekends you can go to the duty pharmacy.

We recommend that if you are not using any contraceptives, you should always have an emergency contraceptive on hand for when you need it.

☞ It is not healthy to take emergency contraception more than once a month. See your doctor if you want to start taking contraceptives.

☞ If you have taken an emergency contraceptive, your period might start prematurely or up to one week late. If your period is more than one week late, go see a doctor.

☞ If you have to vomit within four hours after taking an emergency contraceptive, it has not worked. Contact a doctor. You will have to take another emergency contraceptive and an anti-emetic.

3) Get **tested for sexually transmitted infections (STIs)**:

You can do this before a condom breaks: ask your doctor whether or not you are protected against hepatitis B. If not, you can get vaccinated.

If a condom breaks, you should get tested for:

- Gonorrhoea and chlamydia, **two weeks** after the condom burst.
- HIV and syphilis, this can be done **three months** after the condom burst. This is because it takes three months before any traces of the infection can be detected in your blood. In the meantime, however, you can infect others. Therefore, it is best to use a condom pending the outcome of the test, for vaginal as well as anal or oral sex, both with customers and with your own partner.

If you were exposed, see your doctor. He can determine the best follow up strategy to match your exposure.

Treat your body well.

☞ Get tested regularly for STIs and after a condom breaks or after unsafe sex.

☞ Do you suffer from vaginal discharge, lower abdominal pain or bleeding between periods? Get tested for STIs.

☞ Do you suffer from anal problems: mucus discharge, pain...? See your doctor for an STI test.

☞ Do not try to self-medicate. Consult a doctor in order to get the correct treatment.

☞ Follow the treatment as prescribed. To avoid resistance and relapse, do not stop treatment prematurely.