

English : <https://sexandfacts.ch/en/>

Das Peniskondom / Le préservatif masculin ou condom

The male condom

When used correctly, the male condom or sheath is an effective means of contraception and a good protection against HIV/AIDS and other sexually transmitted infections (STI).

Use a new condom each time the penis penetrates the vagina or rectum.

What is it?

It is a sheath or 'finger' made of rubber or synthetic material (latex) that adapts itself to the shape of the penis. It is usually lubricated.

How it works

Once in place, the condom prevents the sperm from entering the vagina and the uterus or in the rectum if used in anal intercourse.

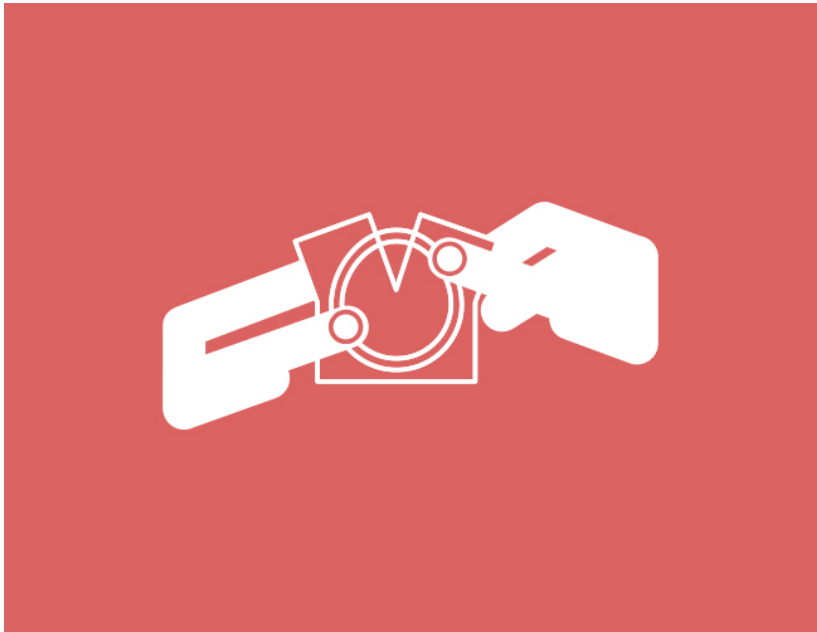
Some advice

- Only buy good quality condoms with the label «OK» or «CE».
- Observe the 'use by' date.
- Keep them in a box away from the light, heat and sharp or pointed objects.
- Use only **water soluble or silicone-based lubricants**. Creams (Vaseline, oils, margarine), spermicides and fungal infection or wart treatments can damage latex condoms. If you are using cream or pessaries for vaginal or anal treatment, ask your doctor if they can be used with condoms. If in doubt, avoid sexual intercourse.
- There exist **different sizes and forms** of condom. To limit the risk of splitting or the condom sliding off, find out which one is comfortable and secure for you. www.mysize.ch

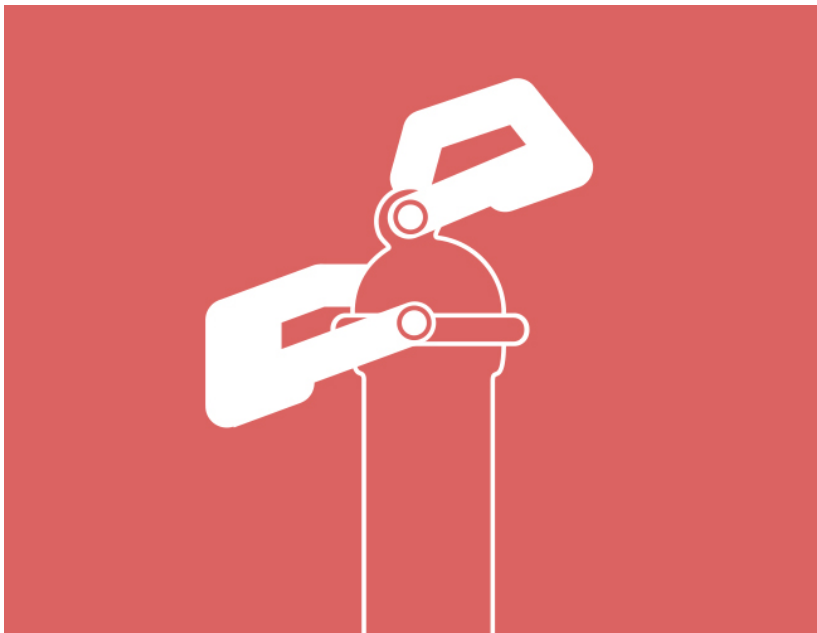


- Condoms are usually made of **latex**, if you or your partner are **allergic** to this, use other condoms available in synthetic material. Seek advice!
- To feel more at ease, practice by yourself first. It will then be easier when there are two of you. Talk about it with your partner beforehand.

How to use it

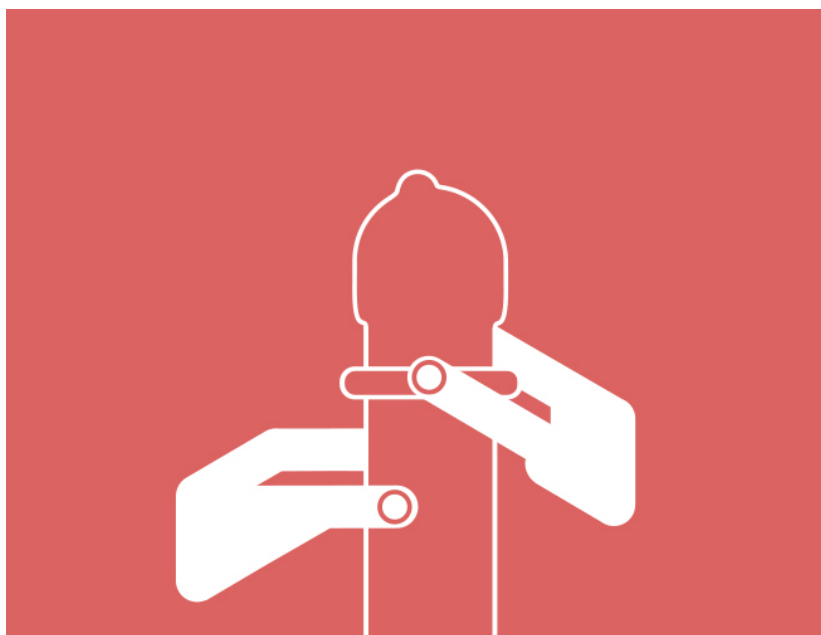


1. Open the packet, take care not to damage the condom with your nails or other sharp objects.

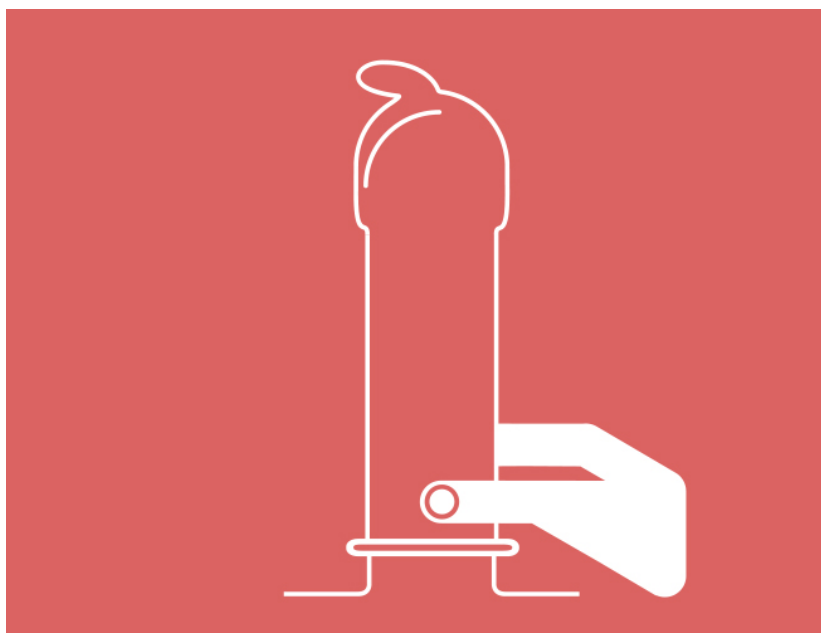


2. Pull back the foreskin.

3. Press the point or reservoir between two fingers to push out the air and leave room for the sperm.



4. Place the condom on the end of the erect penis. The ring must be on the outside. Now roll it down.



5. After ejaculation and before the erection is finished, retract the penis from the vagina, or the rectum. Be careful to hold the condom at the base so that it does not slip off and let sperm penetrate into the vagina or the rectum.

Use the condom only once.

After use throw it away in a bin and not into the WC.

In case of an emergency

Request emergency contraception if you were not adequately protected against pregnancy:

- if a condom bursts, tears or slips off
- If you have had unprotected sexual intercourse (Coitus interruptus/the withdrawal method; or non-consensual sex, for example.)

Emergency contraception reduces the risk of pregnancy. It should be taken as soon as possible, but no later than 72 or 120 hours after unprotected sex, depending on the type of emergency contraception used. The sooner the better is recommended (see [emergency contraception](#) for further information).

Where can you get emergency contraception from?

- a pharmacy
- some [Sexual Health and Family Planning Counselling Centers](#)
- your gynaecologist or any doctor.

Request a post-exposure prophylaxis (PEP) if you were not sufficiently protected against HIV infection (AIDS):

- if the condom bursts or tears
- if the condom slips off in the vagina or rectum.

Antiretroviral drugs reduce the risk of becoming infected with HIV. Treatment should start within 48 hours and the sooner the better. The treatment lasts for four weeks. The cost is covered by health insurance.

Consult your doctor to be screened for other sexually transmitted infections.

Where can you get PEP from?

- Your doctor
- Your nearest hospital
- At a [Checkpoint](#)

Some sexually transmitted infections (STIs) can also be transmitted through direct contact with the mucous membranes (penis, vagina, mouth and rectum) or skin-to-skin contact. Do the [Safer Sex Check](#) to find out how you can best protect yourself.

[Detailed information about sexually transmitted infections](#)

2018, SANTÉ SEXUELLE SUISSE, Fondation suisse pour la santé sexuelle et reproductive; ALECSS Association suisse latine des spécialistes en santé sexuelle, Éducation – Formation – Conseil; faseg, Fachverband sexuelle Gesundheit in Beratung und Bildung

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