Steps for Using External (formerly “male”) Condoms

1. **Check expiration date on condom package.**
2. **Push (squeeze) the condom to one side and open the package, being careful not to tear the condom.**
3. **Check to be sure that the condom will roll down the penis correctly.**  **Condoms roll in only one direction.**
4. **Pinch air out of the tip of the condom.**
5. **Put the condom on the tip of the erect penis before any contact between the penis and a partner’s genitals, mouth or anus. If the penis is not circumcised, pull back the foreskin before putting on the condom.**
6. **Unroll the condom to the base of the penis. Smooth out any extra air. Put lubricant on the outside of the condom if you wish.**
7. **Check during intercourse to make sure the condom is
not slipping.**
8. **After sex, hold the condom firmly by the rim at the base and withdraw (pull out) while the penis is still erect.**
9. **Remove the condom by rolling it off. Do this away from your partner’s body.**
10. **Wrap the condom in tissue and throw it away. Do not flush condoms down the toilet.**
11. **Never reuse a condom. If you want to have sex again, always use a new condom.**

