

⚡ How to **prevent** a condom from **bursting or slipping off**?

🔗 **The condom itself:**

- ~ Always use condoms of good quality, made of latex or polyurethane.
- ~ Make sure that the packet is not damaged nor the use-by-date expired.
- ~ Stock them in a relatively cool place.

🔗 **Use of the condom:**

- ~ **Always** use the condom with enough lubricant, in case of anal and vaginal sex. Look at the packet whether the lubricant is water-based. **Never** use baby-oil, vaseline, soap or other oil-based lubricants.
- ~ Make sure not to damage the condom while opening the packet. Never use your teeth or scissors.
- ~ Make sure not to have oil on your hands when touching a condom (for example massage-oil). A little quantity of oil on your finger can already damage the condom.
- ~ Put on the condom when the penis is fully erected.
- ~ Use a new condom for every sexual contact, even if it is with the same person.
- ~ **Never** use 2 condoms at the same time.

🔗 **During sex:**

Keep your hands on the bottom of the condom and at the base of the penis while having sex. Like this you are sure that the condom stays in position.

🔗 **After ejaculation:**

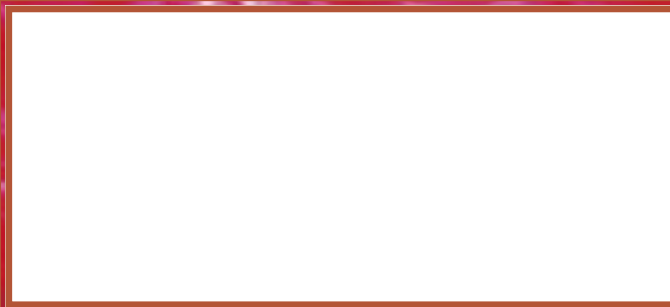
- ~ After ejaculation the penis has to be immediately withdrawn from the vagina or the anus, before the penis becomes soft.
- ~ Hold the bottom of the condom when withdrawing the condom, in order to prevent it from sliding off.

🔗 **Lubricant:**

Use only water-based lubricant (look at the packet). Never use baby-oil, vaseline, soap or other oil-based lubricants. Use enough lubricant with a condom during each vaginal or anal sexual contact.

Broken condom

What to do when the condom bursts or slips off?



1) If the client has ejaculated in you, **remove the sperm**. Be careful **not to cause any wounds**. These are entries by which germs can easily penetrate the body.

☞ In case of **vaginal sex**, try to get rid of the semen by squatting down and pushing. Do not try to scrape the semen out with your fingers or anything else, this can cause little wounds. You should best **not rinse internally** as by rinsing strongly, you push the sperm further in the vagina. Do you insist on rinsing, do it **softly** with clear water. Use no irritating substances that damage the mucous membrane, like domestic bleach or Dettol.

☞ In case of **anal sex** try to push out the semen. You can do this by sitting on a toilet or squatting down while pushing. **Don't use an anal rinsing**. The mucous membrane of the intestinal canal is very vulnerable, so you can easily cause wounds by introducing an object in the anus. Of course washing externally is no problem.

☞ In case of **oral sex** you have to spit out the sperm. You can rinse your mouth **softly** with clear water, but make sure not to swallow or gargle. The mucous membrane of the throat is very thin and lets germs pass easily. Don't rinse with mouth water or other products. We advise not to brush or floss your teeth, as this causes little wounds. Wait at least one hour before eating or drinking.

2) If you have had a broken condom, and you don't have any type of contraception, **the possibility of pregnancy** exists. Even if the client has not ejaculated, you can still become pregnant. Sperm cells also occur in the pre-cum. In this case take an **emergency pill**:

☞ The emergency pill is available in every pharmacy without prescription. You have 72 hours (3 days) the time to take the emergency pill, but the sooner you will take it, the more likely this emergency pill will work. In the weekend the pharmacy on duty can help you. When you don't use contraceptive, we advise to always have an emergency pill with you in case of emergency.

☞ The emergency pill consists of one or two pills. If you received two pills, you have to take them together.

☞ After taking the emergency pill, it is possible for your menstruation to start either too early, on time or maximum one week late. If your menstruation fails to appear for longer than one week, contact a doctor.

☞ When you have to vomit during the 4 hours after having taken the emergency pill, this pill will not work. In this case contact a doctor. You will have to take an emergency pill again together with anti-vomitive.

☞ The emergency pill is meant only for emergencies. This method is not 100% effective in preventing pregnancy. Make an appointment with your doctor to prescribe a reliable contraceptive.

3) After a bursted or slipped off condom, get **tested on sexual transmittable infections (STI)**.

☞ At the earliest **two weeks** after the broken condom, you can get yourself tested on gonorrhoea or chlamydia.

☞ At the earliest **three months** after the broken condom, you can get yourself tested on HIV, syphilis and hepatitis B. It takes three months until one can see in the blood if there is an infection or not. In the meantime you can infect other people. That is why you should best use a condom (also with your partner) when you are waiting for the results of the test.