

# Tips for Condom Success

## ● Sooner the better

---

“Pre-cum” (fluids released from the penis during the early stages of erection) can cause pregnancy or pass on an STD. Put on the condom as soon as the penis is erect!

## ● Open carefully

---

Be careful opening the condom wrapper. Don't use your teeth, fingernails, scissors, or other sharp objects. Be careful with jewelry, zippers, belt buckles, etc... that might tear the condom.

## ● Avoid oils

---

Never let a latex condom touch oils in any form—no petroleum jelly, no baby oil, no massage oil, no vegetable oil, not even talcum/baby powder. Oil causes condoms to deteriorate.

## ● Condom safe lubrication

---

If you want additional lubrication, use a condom-safe, water-based or silicone lubricant on the outside of the condom.

## ● Proper storage

---

Keep condoms in their packs in a cool, dry place (not in a wallet!). Avoid exposing condoms to direct sunlight or storage for prolonged periods at temperatures above 100° F. Also, always check the dating on the packaging to make sure the condom is still in date.

## ● Inspect carefully

---

If a condom feels sticky or stiff or looks damaged in any way, throw it away. Use the spare that you are carrying.

## ● Practice makes perfect

---

For first time users, practice with condoms before having sex with your partner. It may seem a bit awkward, but you'll be better prepared when it comes time for the real thing.