
All About Condoms and Foam

Condoms and Foam help protect you from pregnancy. Condoms also help prevent diseases you can get from having sex.

Condoms fit over the man's erect penis. Sperm are kept inside the condom and can't get to the woman's egg. The birth control foam covers the opening to the woman's uterus and kills the man's sperm.



The man uses a condom. The woman uses the foam with an applicator.

How do Condoms and Foam work?

Condoms are made of latex or of soft, thin plastic called polyurethane. They help keep the man's sperm out of the woman's vagina.

If the condom breaks or leaks, the foam will help kill the man's sperm.

Condoms also help protect both the man and the woman from HIV (the virus that causes AIDS) and other diseases people can get from having sex (STDs).

Use condoms every time you have sex. Birth control foam by itself will **not** protect you from STDs.



People can buy condoms and foam at the drugstore.

How well do Condoms and Foam work?

Only about 2 to 15 women out of 100 who use condoms for a year may get pregnant.

If foam is used by itself, about 29 women out of 100 may get pregnant.

What people like:

- Condoms help protect you from HIV and other STDs.
- You can buy condoms and foam in any drugstore or supermarket.
- They do not cause health problems in most people.

What some people don't like:

- You must stop and put the condom on.
 - Foam or condoms may irritate the vagina or penis.
 - You must use a new condom and put in more foam every time you have sex.
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Use a new condom every time you have sex.

How to use Condoms:

You must put the condom on before you put the penis in or near the vagina or anus.

1. Hold the tip of the condom to squeeze out the air.
2. Roll the condom onto the erect penis.
3. After the man ejaculates (cums), make sure the condom stays on the penis. Hold the base of the condom as the penis is pulled out of the vagina or anus.
4. Roll the condom off. Then throw it away. The condom is good for only one use.
5. If you want to have sex again, use a new condom.

Things to remember:

- After you put the condom on, put a little gel (like K-Y jelly) on the outside of the condom. It may make sex more enjoyable.
- Don't use Vaseline or other oil-based products. It can damage the condom.
- Store condoms in a cool, dry place.
- If latex bothers you or your partner, try polyurethane condoms.
- Lambskin condoms don't protect you from HIV or other STDs.



Roll the condom onto the penis.



The woman uses the applicator to put foam in her vagina.

How to use Foam:

Foam works best when you put it in just before you have sex. If it has been more than 15 minutes, you will need to add more foam.

1. Shake the can at least 20 times. Then fill the applicator with foam.
2. Put the applicator deep into the vagina. Press gently to push the foam into the vagina.
3. Have sex right away.
4. Add more foam every time you have sex.

There are other methods that kill sperm.

- Ask your health care provider to tell you about birth control film, suppositories, cream, and jelly.
- You can use these with condoms.