

**FAMILY PLANNING PROGRAM
MONROE COUNTY HEALTH DEPARTMENT**

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Condoms

Use every time for safer sex, to prevent unplanned pregnancy, and to prevent sexually transmitted diseases and infections. The condom or “rubber” is a thin sheath made of strong latex rubber or animal membranes. Condoms are available in a variety of colors and styles. They are available dry or pre-lubricated.

- + No health risks
- + Does not require a prescription
- + Available at many stores

- Must be used prior to sex
- Requires planning
- Possibility of allergic reaction

Emergency Contraception

Emergency Contraception is available. Ask the Family Planning Nurse or Practitioner. It must be used within 120 hours of unprotected sex to prevent pregnancy. Emergency Contraceptive Pills do **not** cause an abortion and should **not** be used as routine contraception.



The Monroe County Health Department will not discriminate against any individual or group because of residency, religion, creed, race, color, national origin, age, sex, handicapping condition, number of pregnancies, marital status, source of payment, or political belief. Developed with support of Title X funds.

How is a Condom Used?

1. Roll the condom over the erect penis before any vaginal contact is made.
2. Leave ½” extra at the tip of the condom to allow room for semen to collect.
3. The penis should be withdrawn from the vagina after ejaculation, because loss of erection can cause the condom to slip off.
4. Hold on to the rim of the condom as you withdraw the penis from the vagina to prevent spilling the semen and sperm in the vagina.
5. If lubrication is needed, use foam, water-soluble lubricant (K-Y jelly, not Vaseline), saliva, or use lubricated condoms.
6. **USE A NEW CONDOM EVERY TIME YOU HAVE INTERCOURSE!!**

How are condoms stored?

Store at room temperature away from extreme temperatures, moisture, direct sunlight, and fluorescent light.

*If condom breaks, slips, falls off, or is not used, use Emergency Contraception (see back of pamphlet). Use condoms correctly and every time to prevent pregnancy and sexually transmitted diseases.

Foam

The active ingredient in contraceptive foam kills sperm, preventing fertilization.

How is foam used?

1. After washing hands, shake the foam container at least 20 times.
2. Fill the applicator by placing it on top of container and pressing applicator down gently until full.
3. Insertion of foam is easiest when lying down. Insert applicator deep in to the vagina and push plunger to expel the foam.
4. Remove the applicator and rinse with water, not boiling water.
5. Always read package insert when using different brands of foam.
6. Foam can be inserted up to 30 minutes before intercourse.
7. Insert an additional applicator of foam if intercourse is more than 30 minutes after first insertion, and for each additional act of intercourse.
8. Douching is not necessary and not recommended, unless medically indicated.

How is foam stored?

Store the container at room temperature and away from direct sunlight.