

The Condom



D O N ' T F O R G E T !

- * GO THROUGH EACH PAGE ONE BY ONE WITH THE CLIENT.
- * GIVE EACH CLIENT AT LEAST ONE BOOKLET TO TAKE HOME.

**HOW TO USE THE CONDOM BOOKLETS:
IMPORTANT INFORMATION FOR
NURSES/FIELD WORKERS**

1. Why were these booklets prepared?

These simple booklets on how to use the condom are to help men (and couples) to use it correctly. When properly used every time a couple has intercourse, the condom is a good method of family planning—between 90 and 97 percent effective. (And when a woman uses a contraceptive jelly or foaming tablet in addition to the condom, this method is even more effective in preventing pregnancy.) However, if the condom is not used correctly, it will not be very effective in preventing pregnancy.

2. When to use these booklets?

These booklets are for you to use every time you explain how to use condoms to a user or potential user of this method, even if the client cannot read.

3. How were these booklets developed?

Every picture and message in this booklet has been tested in Nigeria with men and women who have had little or no schooling. This was done to ensure that everyone who wants to learn about family planning will be able to understand the messages in the booklet. Some of the pictures were retested many times until it was certain that the messages were clearly understandable. Only after the pictures themselves were clear were words added. This is important because many people who receive these booklets will not be able to read.

4. How to use these booklets to help explain to your clients how to use the condom correctly.

Use a copy of this booklet every time you instruct a new client on how to use the condom. Showing the pictures while you explain the method will make the client see exactly what to do, and will help reinforce the information you are giving. It will also offer an opportunity for the client to ask questions as you go along. This will help you to know if the client understands the information.

When using the booklets to explain a method, GO THROUGH EACH PAGE ONE BY ONE WITH THE CLIENT. You can discuss any messages that seem unclear in greater detail. When you explain a message, point to the picture as you talk, not to the words which appear at the bottom. It is the pictures which will help to emphasize and clarify what you are telling him.

5. Some points to emphasize during your explanation of how to use the condom.

- The condom is a good method of family planning when it is used correctly and regularly every time a couple has sex.

- It is very important to put the condom on correctly (page 3). Emphasize that the man should place the condom on the tip of the erect penis with the unrolled portion on the outside, and then gently unroll it, leaving a little space at the tip to collect the sperm.

- It is important to unroll the condom gently so that it does not tear. Never unroll and then pull on the condom.

- Only when the condom is completely covering the erect penis can the couple safely have intercourse.

- After intercourse, hold the condom firmly against the base of the penis during withdrawal, so that no sperm is spilled anywhere near the woman's vagina. (See picture on page 4.)

- Use a new condom each time you have sex. (Pg. 8)

- Throw the condom away after use. (Pg. 10)

6. Some additional information about the condom you may want to tell your clients.

There are no side effects with use of the condom.

Condoms can be kept for many months if they are stored where the temperature is not too hot and where they are not exposed to light. Do NOT keep condoms in a wallet, as body heat can cause the rubber to deteriorate.

Handle condoms gently to avoid tearing.

The penis should be withdrawn soon after ejaculation because when the erection is lost, the condom can slip off in the woman's vagina and pregnancy can result.

If a condom should break or tear during intercourse, or come off in the vagina, a contraceptive foam tablet or jelly should be inserted immediately to help protect against the possibility of pregnancy.

Using a condom helps to protect a man and his partner from sexually transmitted diseases such as syphilis and gonorrhea.

7. What are some of the advantages of using condoms that you can share with your clients?

Condoms are:

- reliable
- inexpensive
- small, lightweight and disposable.

Condoms:

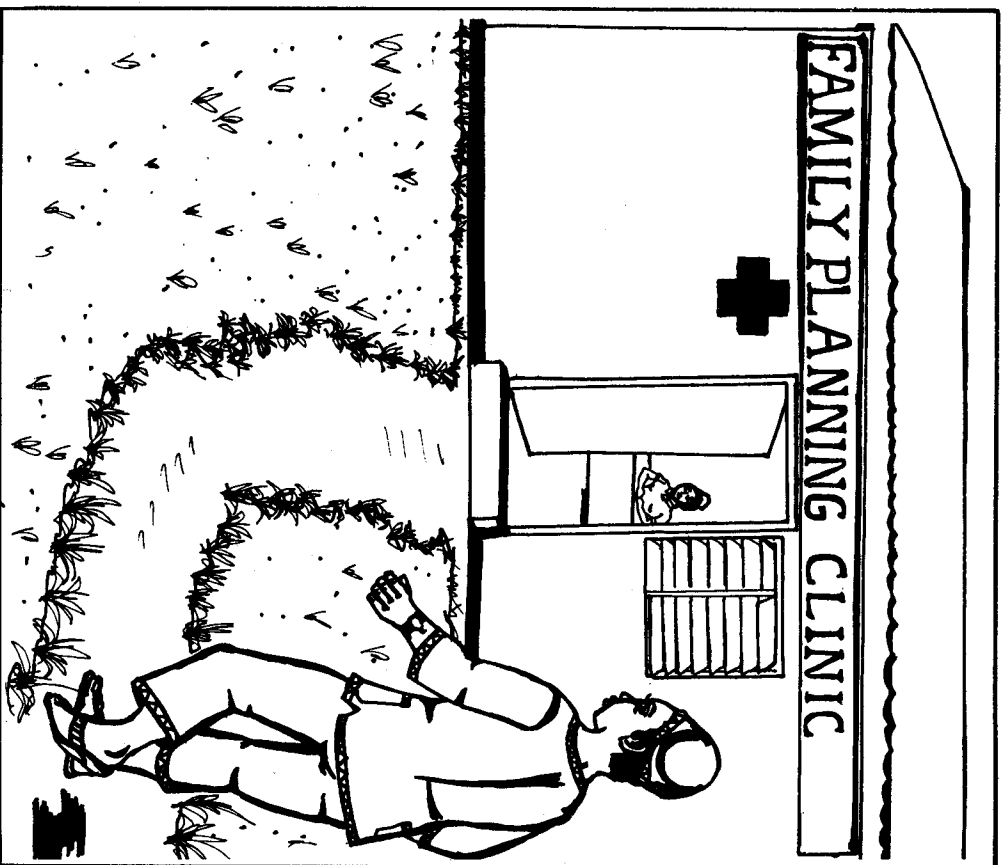
- require no medical examination
- require no follow-up
- have no side effects
- give the man an active role in family planning
- provide some protection against sexually transmitted diseases

8. What should you do before the client (couple) leaves the clinic?

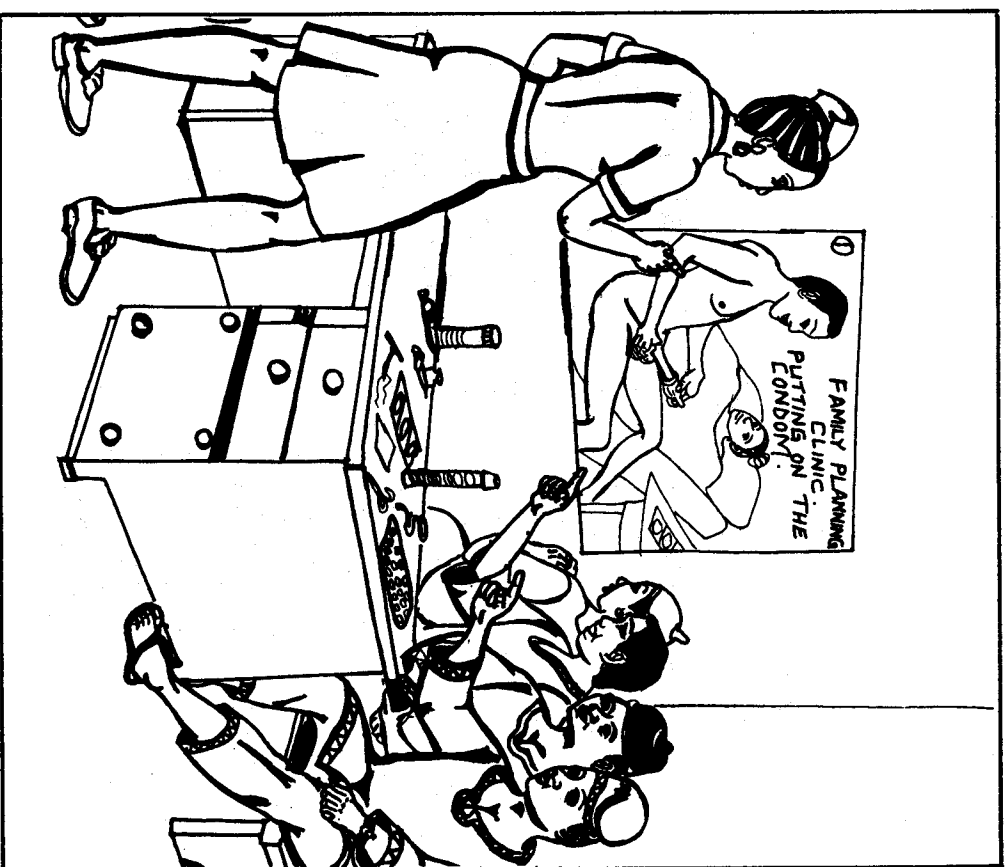
- A. Ask if the client has any questions.
- B. As a review, ask the client to explain how to properly use the condom.
- C. Make sure the client takes a copy of the booklet home.
- D. Remind the client to keep the booklet with the supply of condoms, in a safe place, so that it can be referred back to it whenever needed.
- E. Suggest that the booklet be shared with friends.



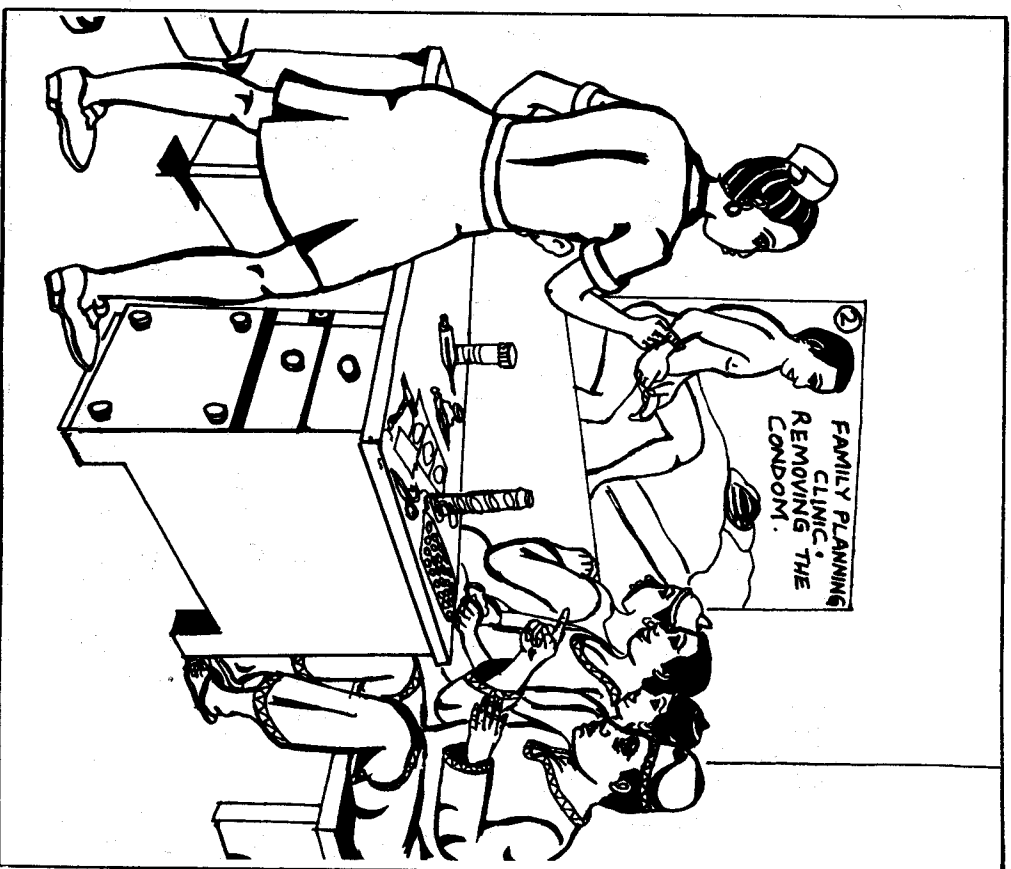
Tòkòtaya yi ngbimòran nipa ibàṣepo ṣugbòn obinrin na nṣiyemeji. O ṣò pe o l'ewu ati pe nwòn ko ití ṣe tan lati bi omò omiran.



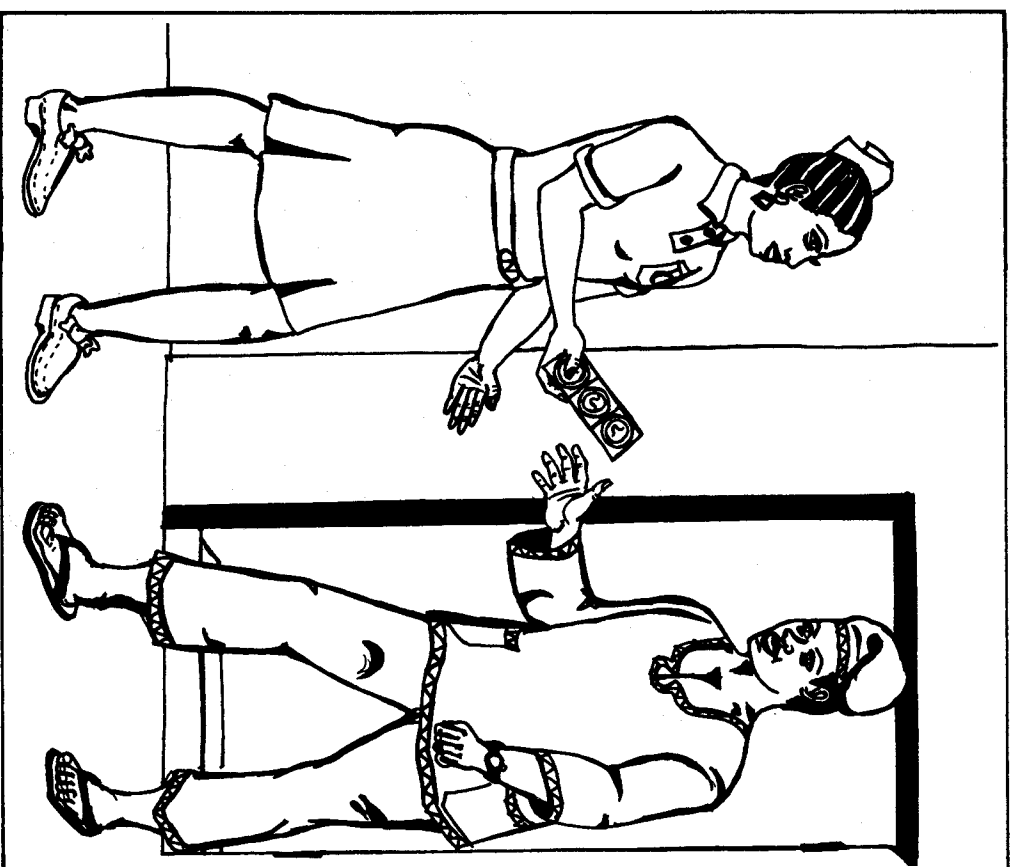
Okunrin na pinu lati lo si ile isè è'eto si omọ bibi tun iranlọwọ.



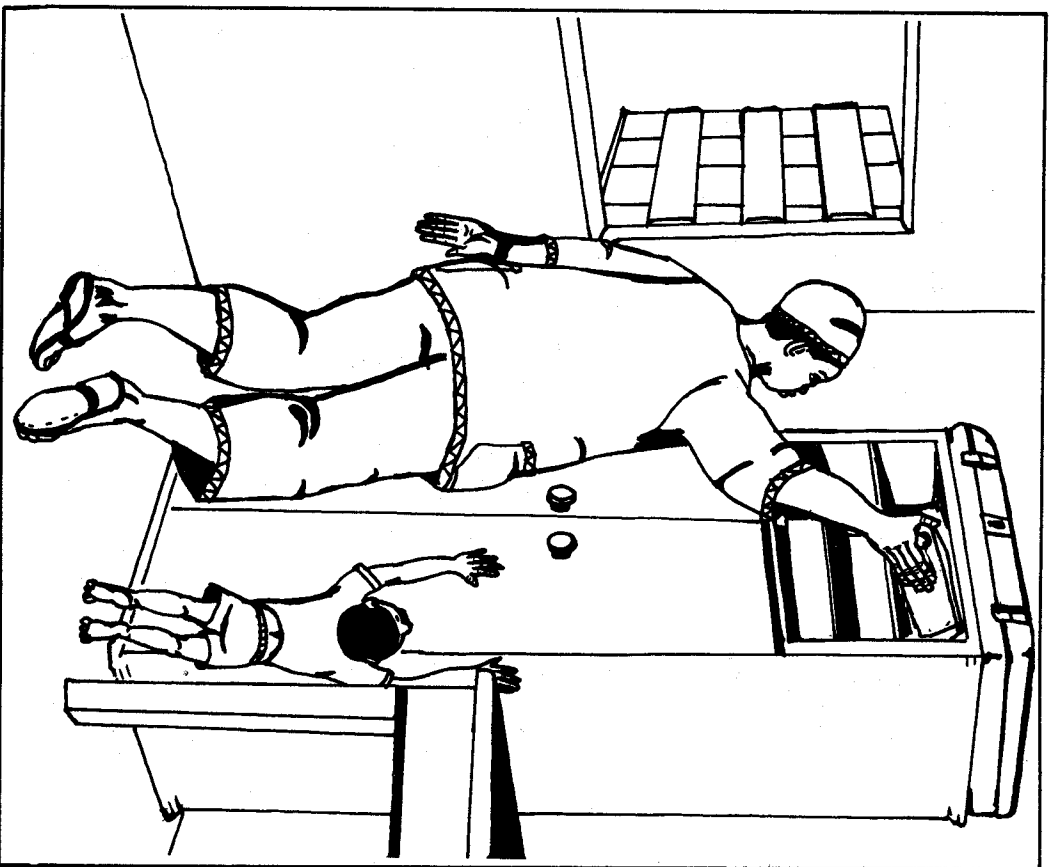
Osişè ilera na şe afinhan nipa orişirisi ona f'eto si omọ bibi, pélu apéré, o şe afinhan apo i'ori oko ti o lé. O sq pe apo atọ yi dara lati de'na oyun nini ati orişirisi arun ti enia le ko ni igba ibasepo.



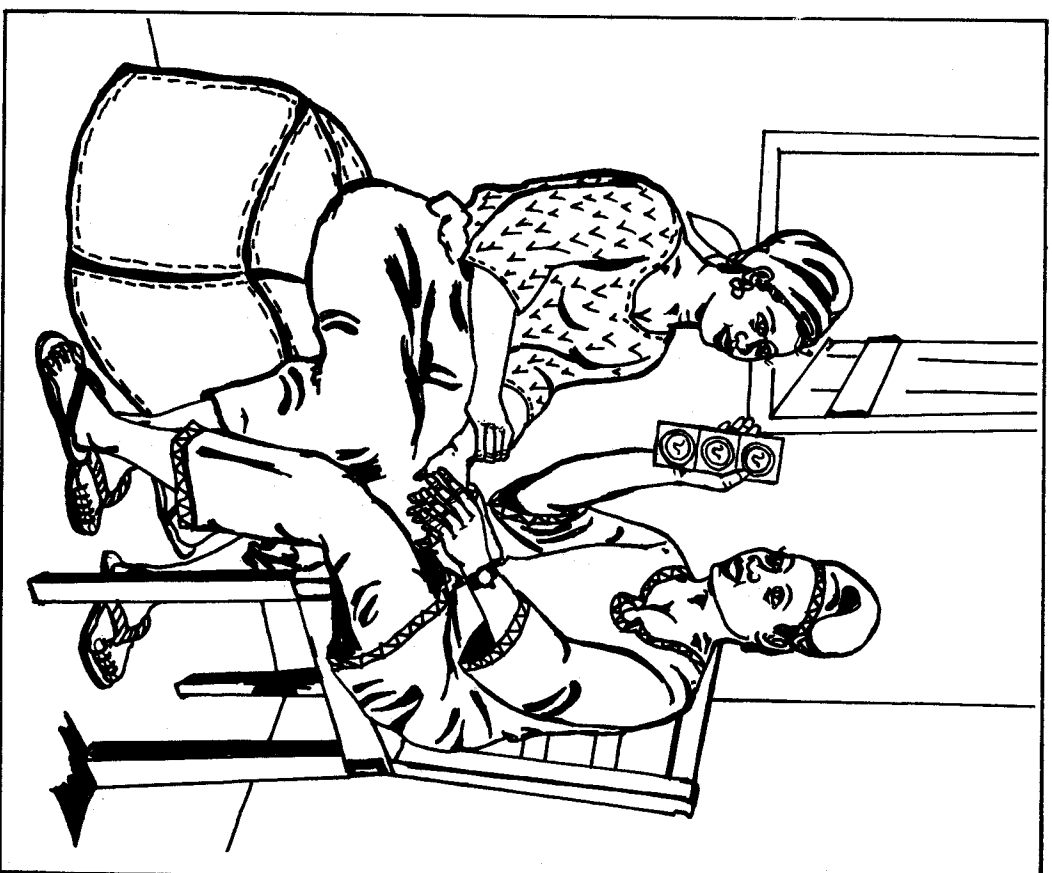
Oṣiṣe ilera yi ṣe afihan bi a ti se le yo apo atò yi. O ṣe afihan pe ki nwon mu ori apo atò yi dani ki atò ma baa danu.



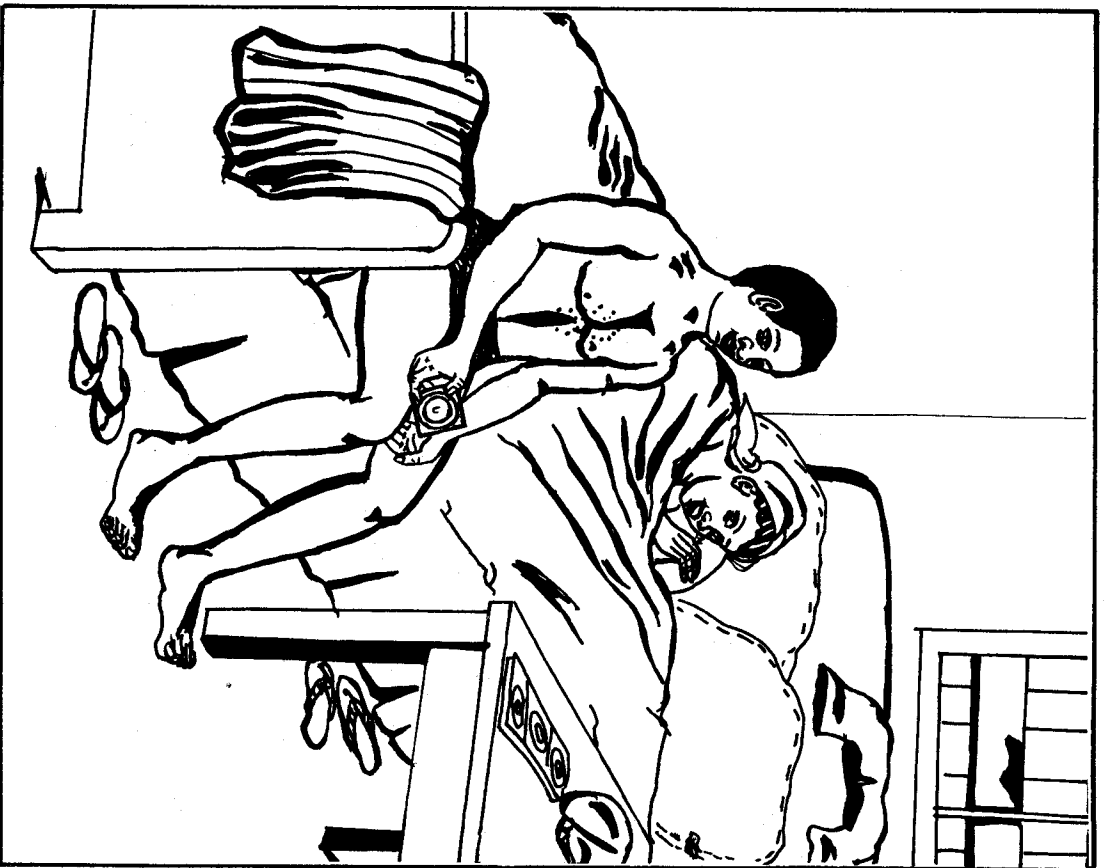
Okunrin na beere fun isowosi apo atò, o si ri gba.



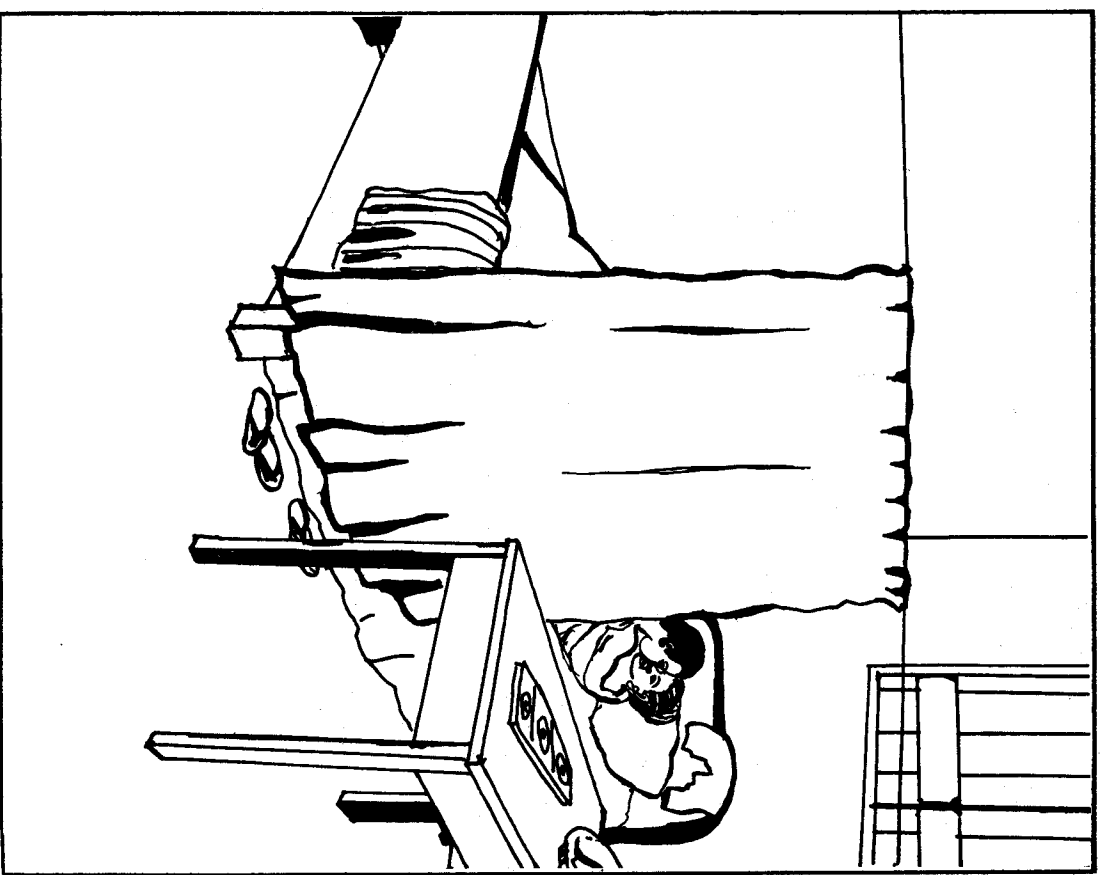
Okunrin na fi awon apo atò yi si ibiti owo omọ rẹ ko le to.



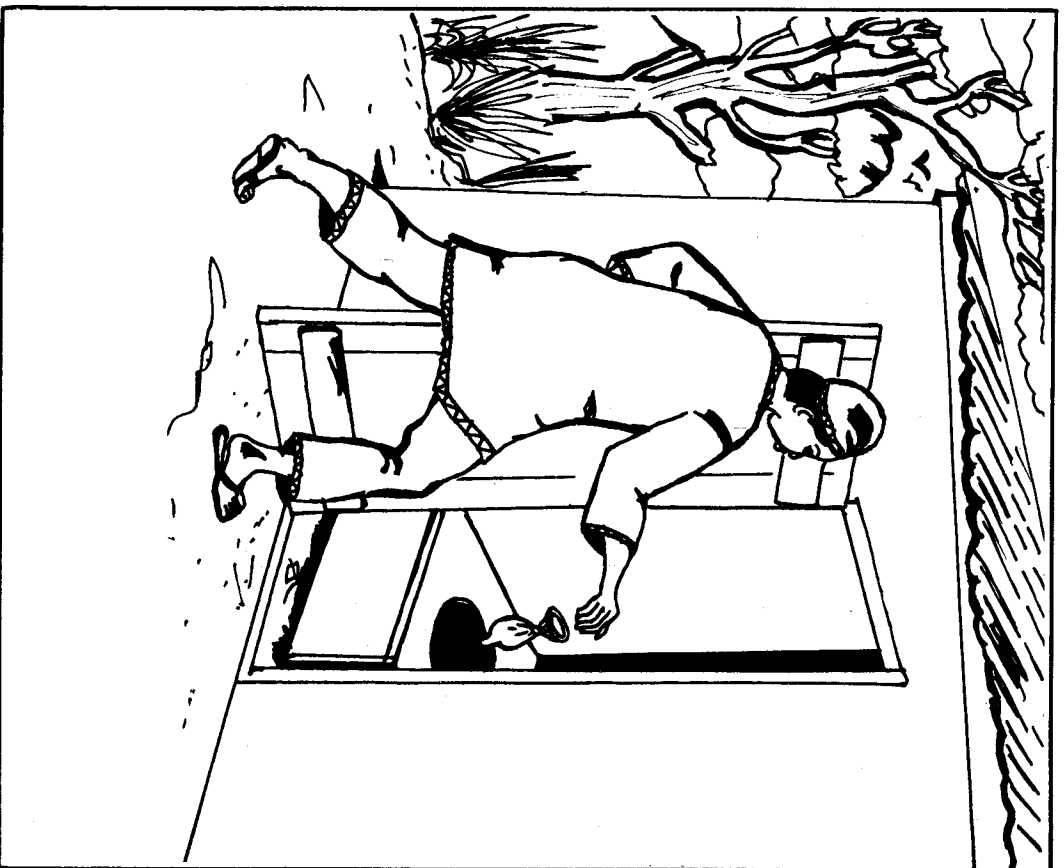
Okunrin na fi awon apo atò rẹ han iyawo rẹ, o si so fun pe ko i'ewu lati lo, ati pe o nşe idena fun oyun airotẹlẹ.



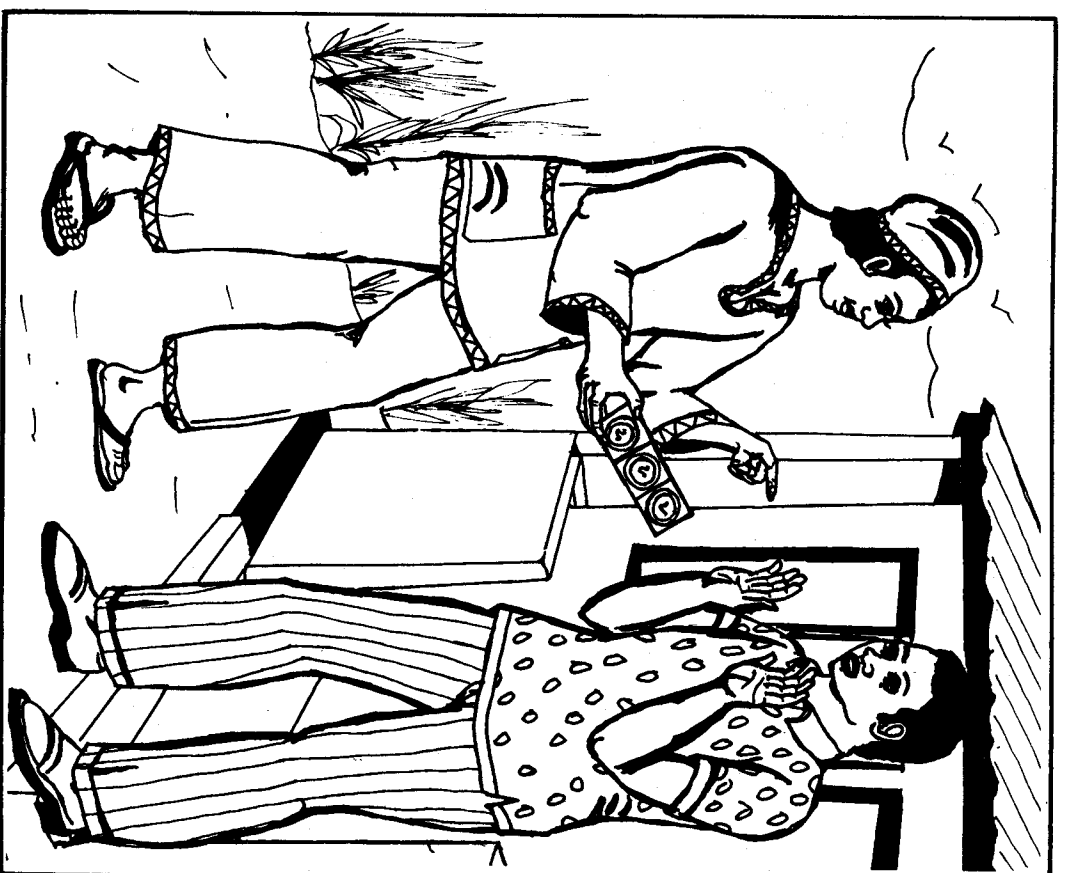
Okunrin na tu apo àtò kan, o si ti şe tan lati lo gegèbi ifihan oşişe ilera.



Awọn tókótaya na ni ibaşepọ. Okunrin na ti lo apo àtò kan. O si fi iyoku s'ilẹ di igba omiran.



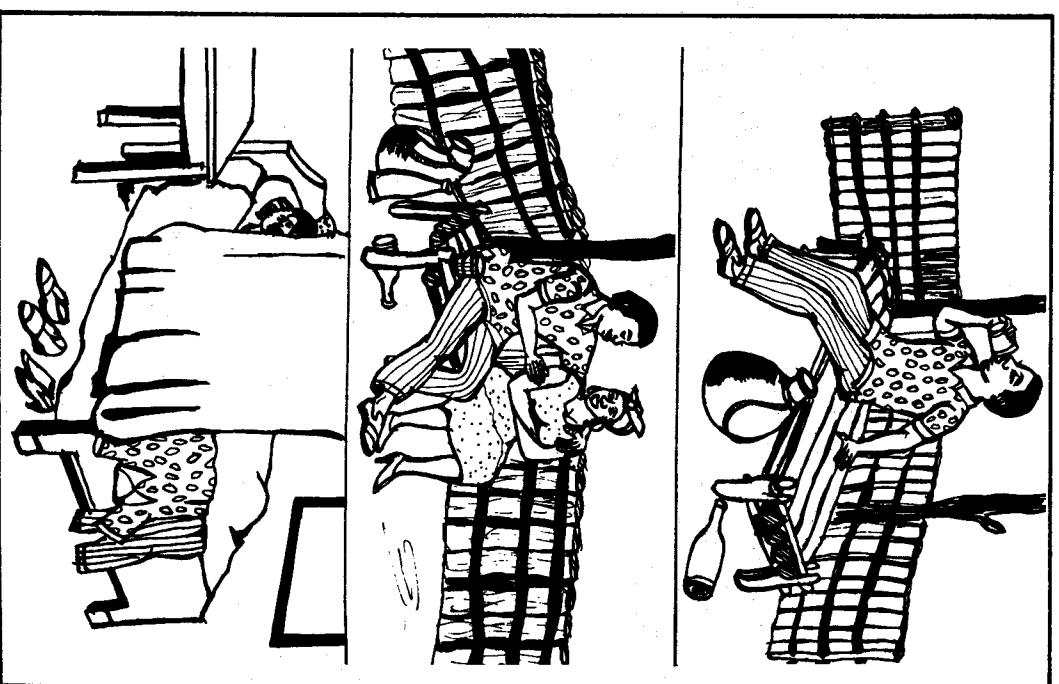
Okunrin na so apo ti o ti lo si inu pokiti.



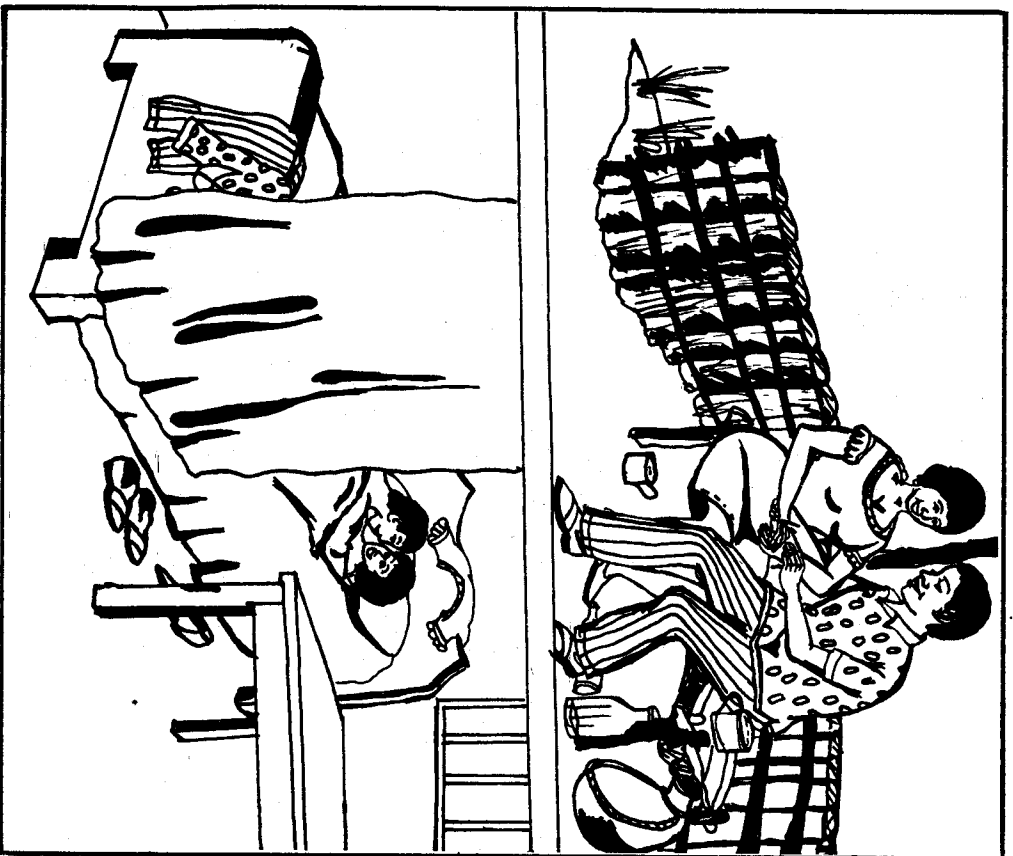
Okunrin na pade ore re o si so fun nipa apo atọ na. Ore re ko ni iwuri si lilo won.



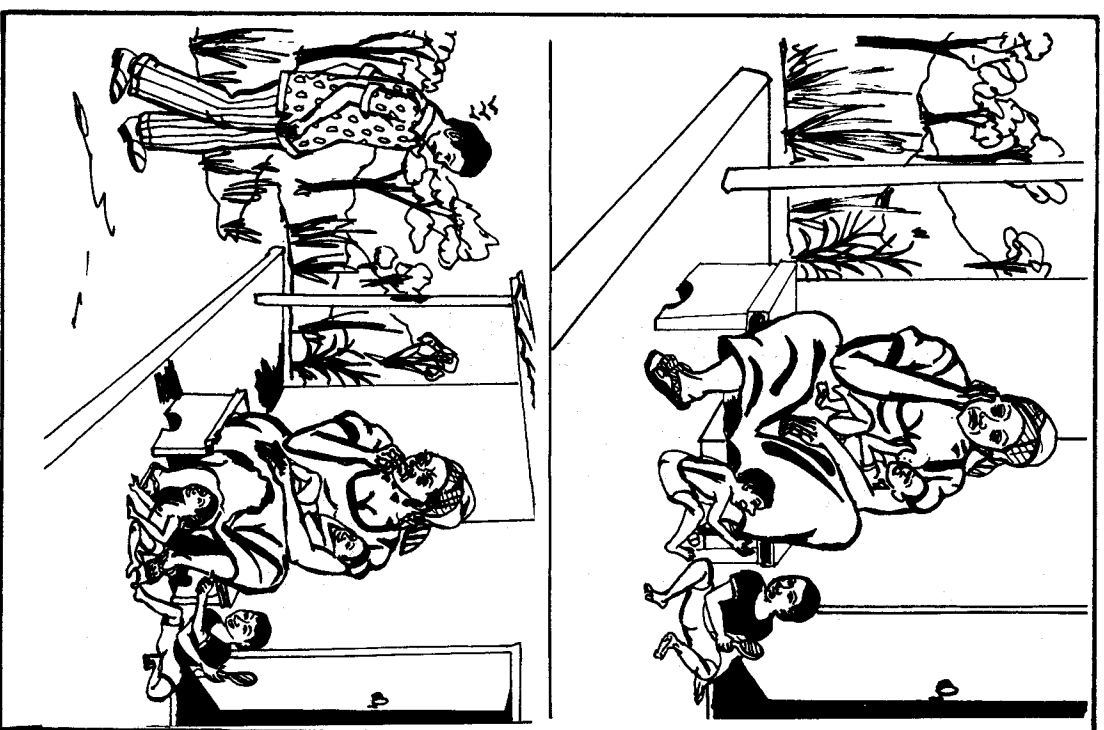
Orè rẹ ri oṣiṣẹ ile iṣẹ ẹf'eto si oṃọ bibi ti o ngbiyanju ati so anfani ti o wa ninu lilo apo atọ yi fun. Sibẹ sibẹ orè rẹ ko fẹ gbo, ko si gba awon apo atọ ti oṣiṣẹ na fun.



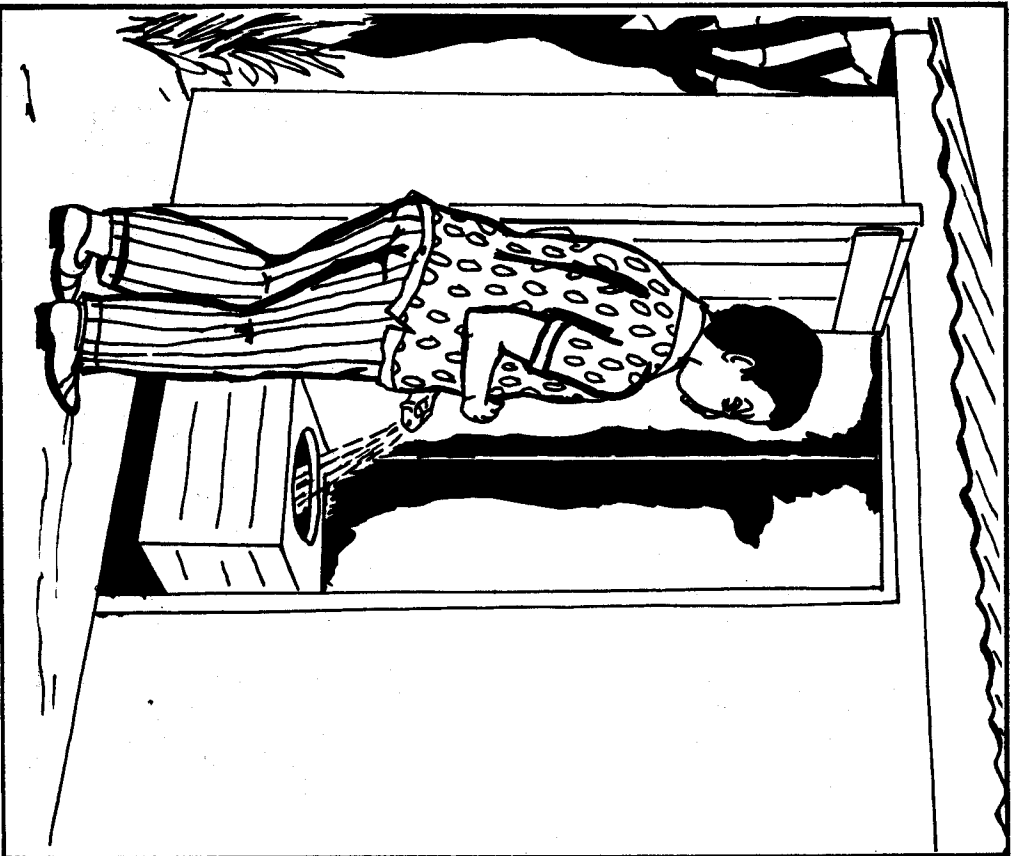
Orè rẹ nmu ẹmu ni ile ẹmu ti o nbe l'agbegbe rẹ. Orè alainkanṣe yi tun pade obinrin omiran ni ile ọti. Orè yi tun ni ibasẹpọ pẹlu rẹ lai lo apo atọ kankan.



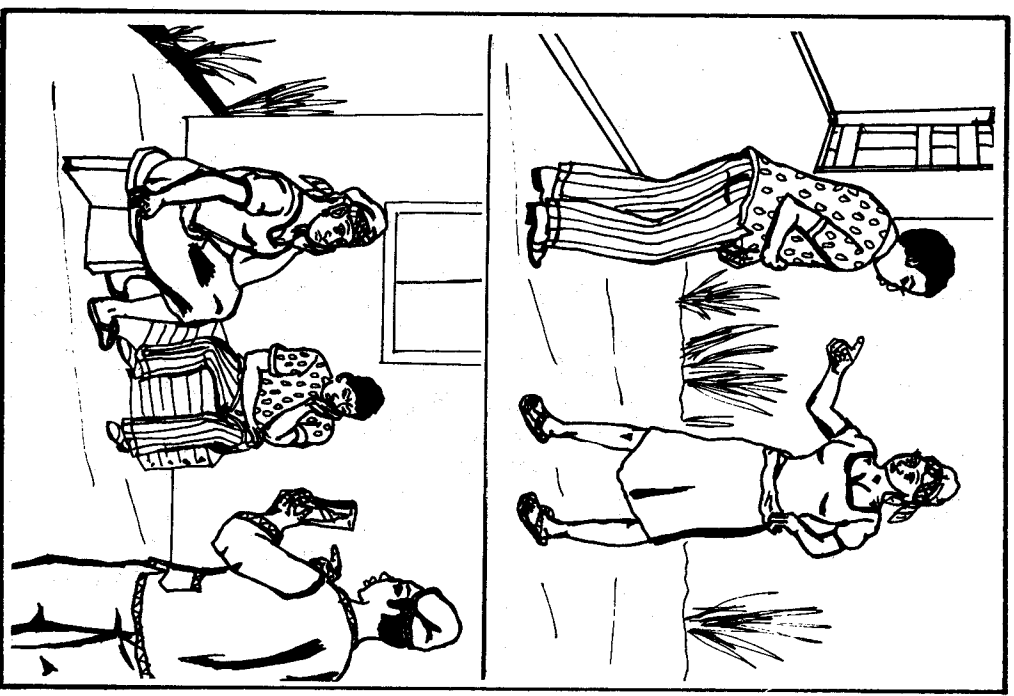
Orè alainkanse yi tun pade obinrin omiran ni ile q̄ti.
 Orè rẹ na tun ni ibasepo pẹlu rẹ lai lo apo àtò kankan.



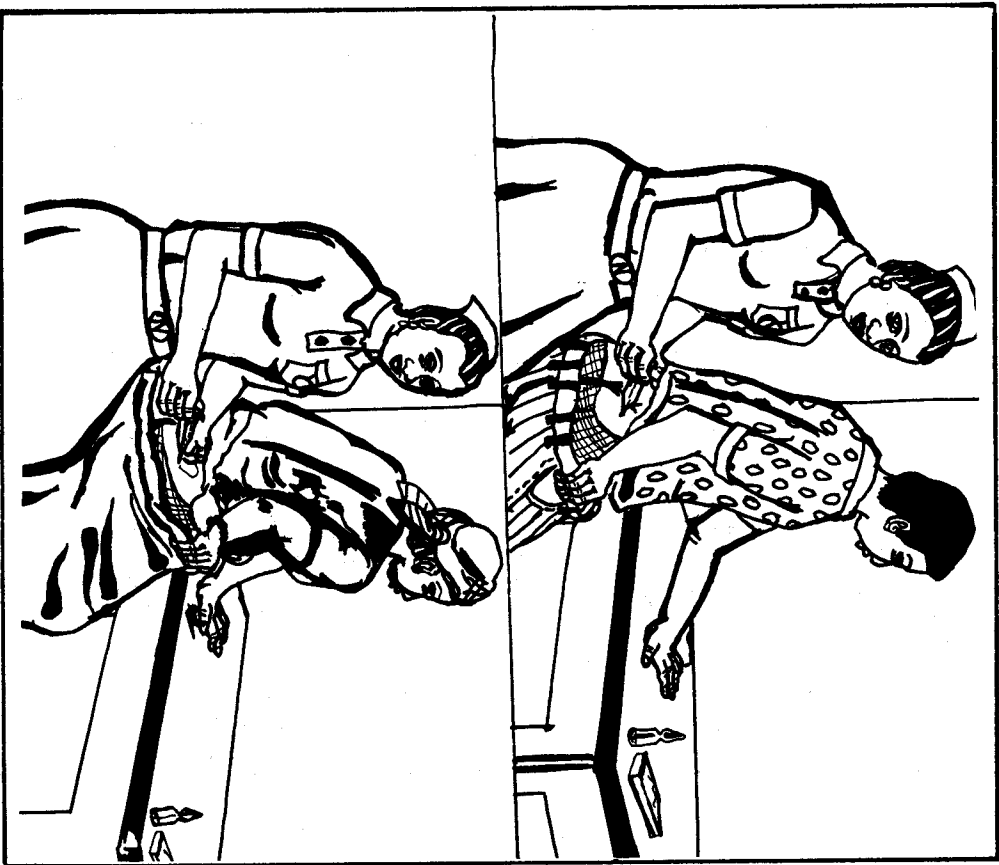
Iyawo orè rẹ yi ni'aiya nipa ibiti oko rẹ gba lo. Orè yi
 pada s'ile l'èhin igbati o ti ni oniruru ibasepo gbogbo ni ita
 lai lo apo àtò kankan.



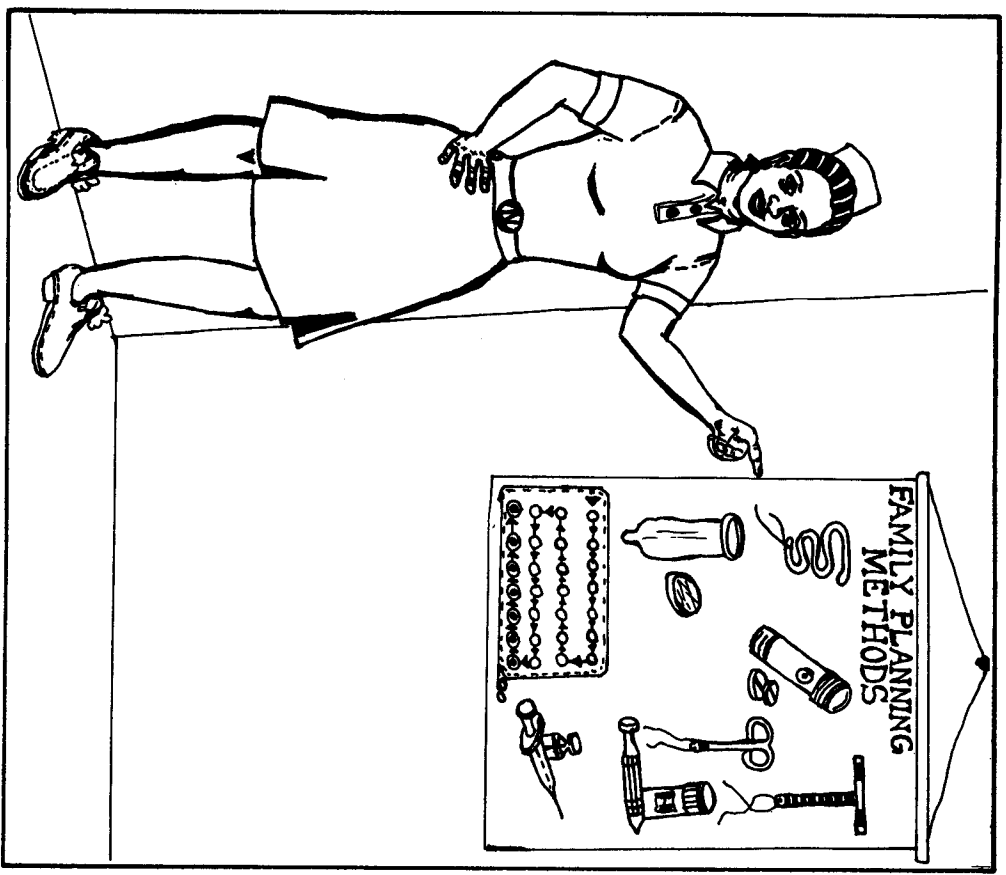
Orè yi nje irora nigbati o ntò, nitoripe o ti ko arun nigbati o nṣe oriṣiriṣi ibasẹpọ lai lo apo àtọ kankan.



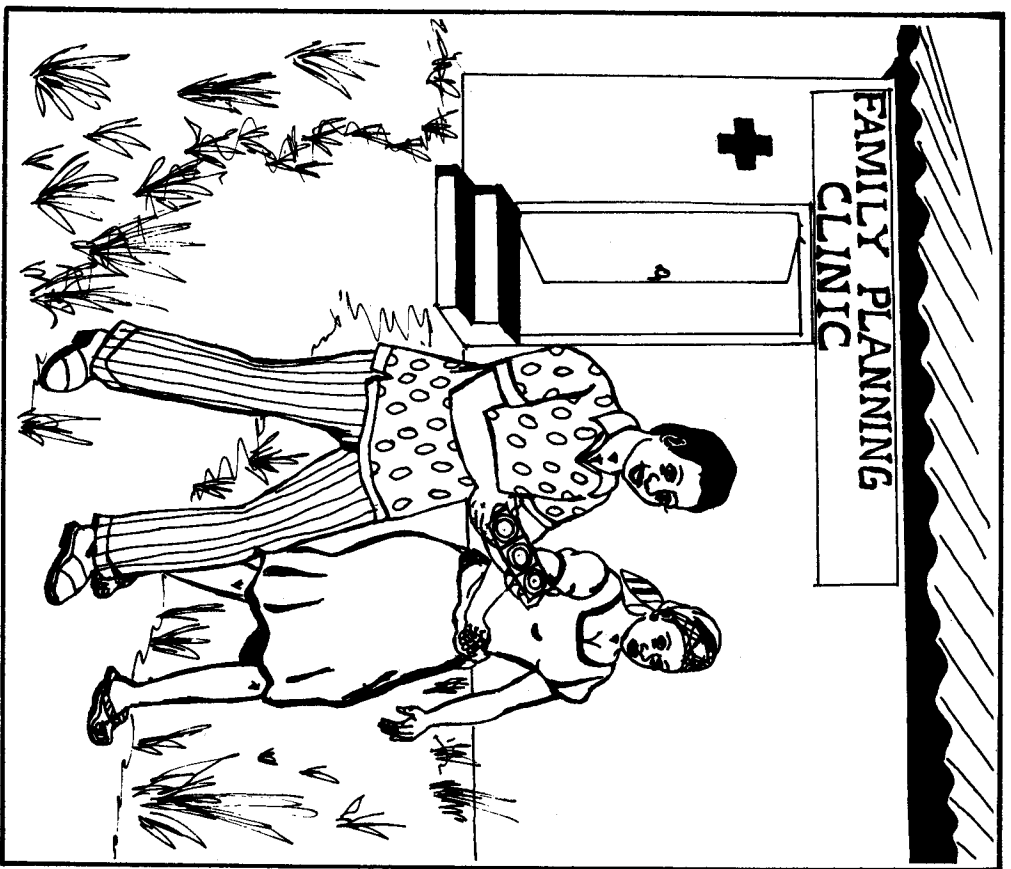
Iyawo orè yi nro idi rè ti oko rè fi nje irora, o si bi. Okunrin na se abewo si odo tokotaya yi o si so fun pe ko ba ti lo apo àtọ ti oun so fun pe ki o lo lati d'abo bo oun ati iyawo rè. O gba wọn ni imoran lati lo si ile iwosan lati gba iwosan ati imoran.



Orẹ yi ati iwawo rẹ ẹe abẹwo si ile iwosan, nwọn si gba abẹrẹ gẹbẹbi iwosan fun arun kiko l'ara ibasẹpo.



Oṣiṣẹ ilera yi na owo si oriṣiriṣi ọna nipa ẹf'eto si ọmọ bibi ti o nbẹ ni ile iwosan.



Tokotaya na fi ile iwosan si'íé pélu awón apọ átọ'í'ówó.

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**Planned Parenthood
Federation of Nigeria**