

External Condom



What is the external condom?

The external condom is a soft, disposable sheath that fits over an erect penis, and is a barrier method used to prevent pregnancy and protect against transmission of sexually transmitted infections and HIV. Most condoms are made of latex, but some are latex-free for those with latex allergies. There are many brands of external condoms, and they come in various sizes, thicknesses, shapes, and colours. You can get lubricated or non-lubricated external condoms.



How does it work?

The external condom fits over an erect penis and acts as a physical barrier to prevent direct contact with the vagina, anus, or mouth and prevents the exchange of bodily fluid. The condom traps sperm in the condom so that it cannot fertilize an egg, thus preventing pregnancy. The physical barrier also protects from sexually transmitted infections which are transmitted through bodily fluids or genital to genital/mouth contact.



How do I use the external condom?

The condom is to be put on the penis before vaginal, anal, or oral sex and remain on during sexual activity. The condom is to be thrown away in the garbage after sexual activity. A new condom must be used for each new activity.



Where can I get an external condom? What is the cost?

You can purchase condoms at many places, including pharmacies, corner stores and grocery stores. They range in price, but average about **\$0.30-\$0.75** each, and come in packs of multiples, anywhere from 3 per pack to 50 packs. **On Acadia's campus, you can get external condoms for free at the Sexual Health Resource Centre (SUB 509).**



What else should I know about the external condom?

- Do not wear two condoms of any kind at the same time as the friction between them can cause them to break.
- Do not use oil-based lubricating products (i.e. baby oil, coconut oil, petroleum jelly) with a condom as they can wear down the latex and cause it to break
- A condom may break or slip during sexual activity.



How effective is the external condom?

With perfect use, the external condom is 98% effective in preventing pregnancy. With typical use, it is 85% effective. The condom also provides protection against sexually transmitted infections and HIV.

Sexual Health Resource Centre
Student Union Building Room 509



SHRC.ASU@acadiau.ca
@SHRCAcadia