Wake up to HIV
A simple guide to condoms and lube

www.hiv-wakeupt.org.uk
Are you a man who has sex with men?

If so, you could be more at risk of becoming HIV positive.
We know that condoms can tear or come off. These tips will help make sure it doesn’t happen to you:

- Get a condom that is the right fit for you or your partner – make sure it’s the right length and width so it cannot slip off or tear.

- Check the condom regularly – you may not be able to feel it break or come off.

- Only use one condom at a time. Never use two at the same time – this causes friction and means it is more likely to split.

- Use a fresh condom for every partner, especially if you’re having sex with more than one partner. Put on a new condom after 30 minutes during a long session.

- There’s less chance of a condom splitting if it’s in date and carries a kite or CE mark. Always check the packaging.

The best way to protect yourself and your sexual partners against HIV is by using condoms and lube.

If you have HIV, using condoms and lube can protect you from being reinfected with a different strain. This could interfere with the effectiveness of any treatments you might be taking. Using condoms and lube also prevents infecting any future partners.

Did you know?

Cases of HIV and other sexually transmitted infections (STIs) such as chlamydia, gonorrhoea and syphilis are increasing. If you are sexually active, using condoms and lube also prevents infecting any current and/or future partners.
• Strong sunlight, heat and damp can weaken condoms – keep them safe. Don’t tear it open with your teeth.

• Don’t stretch or unroll a condom before you put it on. Squeeze out the tip before putting it on to get rid of air pockets that can cause rips and spillage. Roll down the shaft right to the base of your penis so there’s less chance it will roll back up during sex.

• Always use plenty of water-based or silicon-based lube – not using enough is the main reason condoms split. Lube stops wear and tear on the anal lining and also on the condom.

• Ensure that you use plenty of lube before anal sex. Always put lube on the outside of the condom once you put it on your penis. Make sure you put lube on the full length of the condom and not just the tip.

• Don’t put the lube directly on to your penis or inside the condom as this can make it slip off easily.

• Never use oil-based lube or everyday products like massage oil or petroleum jelly as these can damage condoms. Some medicines, like pile creams, can be oil-based and can rot condoms too.

• After ejaculating, hold the condom at the base of the penis and pull out while you’re still hard.

• If you also have sex with women, always use a condom even if other methods of contraception are being used. Condoms protect you both from HIV and other infections, and also protect the woman from pregnancy.

Here’s another tip:
Avoid lube (and condoms) that contain spermicide. They can irritate your skin and increase the risk of HIV infection. Flavoured condoms can make your skin sore too.

Free condoms distributed in Scotland do not contain the spermicide, nonoxynol-9, but check any you buy either here or abroad.
If you are looking for free condoms and lube, testing services, or have any questions about HIV, visit [www.hiv-wakeu.org.uk](http://www.hiv-wakeu.org.uk)

You can also call the Sexual Health Information Line on 0800 121 4590 available 24 hours a day, 7 days a week.