Condoms

Safer sex supplies are available without charge throughout Campus Health as well as from Student Wellness. You can request safer sex supplies online [1].

Using an External Condom

An external condom slips over a penis to prevent pregnancy and lower the risk of STIs by keeping sperm inside the condom.

- Carefully open the package after checking the expiration date.
- Squeeze the tip of the condom to release any air and leave space for the ejaculate.
- Carefully roll the condom down to the base of the penis (be sure that fingernails or jewelry do not damage or rip the condom while unrolling it).
- Hold onto the base of the condom during insertion.
- After ejaculation, while the penis is still erect, hold the base of the condom and withdraw the penis from your partner, being careful not to spill any fluid.
- After the condom is away from your partner’s body, it can be safely removed and discarded.

Using an Internal Condom

An internal condom is a pouch inserted into the body. They work the same way as external condoms except it’s worn inside a vagina or anus - instead of on the outside of a penis.

- Carefully open the package after checking the expiration date.
- The outer ring at the open end covers the area around the opening of the body. The inner ring is used for insertion and to help hold the condom in place. You may want to insert extra lubricant inside the condom.
- Hold the inner ring between your thumb and middle finger. This will give you a firm grip and narrows the inner ring to ease insertion.
- Squeeze the ring together.
- Push the ring up into the body as far as it will go. When inserted correctly, the inner ring should not cause any discomfort. The inner ring can also be removed or not used at all.
• The outer ring should remain outside the body.
• To remove the condom, twist the outer ring to keep the semen inside, and then pull gently.
• Wrap the condom and throw it away.

**Important Tips to Remember**

• Never use a condom more than once.
• If you start to put on an external condom inside-out, do not just take it off and turn it around--throw it out and use a new one. Pre-ejaculate fluid may have transferred to the condom during the first attempted use.
• Using lubricated condoms or applying an additional lubricant offers more protection from breakage.
• Always use water-based lubricants with condoms. Oil-based lubricants like Vaseline can deteriorate condoms. Learn more about lube at [5 Myths About Lube...Busted](https://www.bedsider.org/features/976-5-myths-about-lube-busted) [2].

If you have questions regarding safer sex practices, you can speak with any Campus Health provider or call Student Wellness (919.962.WELL) to schedule an appointment with SHARE.

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**Source URL:** [https://campushealth.unc.edu/health-topics/sexual-health/condoms](https://campushealth.unc.edu/health-topics/sexual-health/condoms)

**Links**
[1] [https://studentwellness.unc.edu/resources/request-help/request-safer-sex-supplies](https://studentwellness.unc.edu/resources/request-help/request-safer-sex-supplies)