



APPENDIX Q
Condom Checklist

Condom Checklist

The handout in this appendix can be used to help your participants retain the information provided during the section “Condom Demonstration and Practice” about how to correctly apply a condom. Pass this checklist out to participants before the condom demonstration to allow them to follow along as you show them the correct method. If you prefer, you could pass the checklist out when it is time for them to practice with condoms.

The checklist can be adapted to better fit your clients, or, if your agency has a tool already developed to show how to apply a condom correctly, that form can be used instead. See **Appendix F** for more general information on adaptation.

This handout also includes some general information about condoms and a table with a sampling of various condom types and features. Below are a few of the large number of websites with more information on condoms.

www.condomsexpress.com

<http://www.advocatesforyouth.org/publications/factsheet/fscondom.htm>

<http://www.condomdepot.com/>

<http://geniusbeauty.com/men-and-women/breaking-12-myths-about-condoms>

<http://hivinsite.ucsf.edu/InSite?page=kb-07-02-02>

<http://www.condomania.com/>

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Condom Checklist (for use with male condom)

- Choose a condom.
- Check expiration date.
- Open packet without damaging the condom.
- Check to see which way the condom rolls.
- Place the condom on the head of the penis, making sure the reservoir tip is sticking out.
- Pinch the reservoir tip to remove all air.
- Roll condom on all the way down to the base of the penis slowly.
- Use a water-based lubricant, if desired, with latex condoms.
- Use the condom from start to finish.
- Hold the condom at base of the penis when pulling out of your partner.
- Remove the condom while the penis is still erect without letting the fluid spill out.
- Dispose of the condom properly afterwards in the trash can.

Informational tips on condoms

When an individual has an allergy to latex, polyurethane condoms provide an alternative for barrier protection. Although not as flexible as latex, polyurethane transmits body heat better. They can also be lubricated with any type lubrication, oil or water-based. It is not clear whether latex or polyurethane condoms are stronger; there are studies suggesting that either is unlikely to break. With both types, however, the likelihood of breakage is very small if they are used correctly. Latex and polyurethane condoms are effective against sexually transmitted diseases, including HIV.

The FC Female Condom® has been available in Europe since 1992 and it was approved in 1993 by the US Food and Drug Administration (FDA). Find more information about the FC at <http://www.femalehealth.com/>. In 1994, the world's first polyurethane condom for men was launched in the United States; it is reportedly less constricting to use than latex condoms. The 1990s also saw the introduction of colored and flavored condoms.

Natural Lambskins- These condoms do not provide a good barrier against HIV. There are pores large enough for the virus to pass through.

See the table on the next page for some different condom brands and their features.

Condom Brand	Type of feature
Prime Snugger Fit	Snug fit
Exotica	Smaller size
Trojan Magnum or Magnum XL	Large or extra large size
Trojan Enz	Large size
Lifestyles XL	Extra long and wide
Durex XXL	Extra large size
Black Ice Caution Wear	Extra long and flared
Beyond Seven	Large size
Bigger ONE	Large size and fancy package
Kimono Micro Thin	Micro-thin
Beyond Seven	Thin
Crown	Thin
Durex Intense Sensation	Studded (inside)
Durex Multiple Pleasure	Ribbed and studded
Pleasure Plus	Ribbed (inside)
Rough Rider	Studded (outside)
Trojan Ribbed	Ribbed (outside)
Beyond Seven Studded	Studded (outside)
Lifestyles Double Play	Ribbed and studded
Durex Avanti	Polyurethane (super thin)
Trojan Supra	Polyurethane (thin)
Trojan Natural Lube	Jelly lubricant
Premium Lube	Silicon lubricant
Ria Non-lube	Non-lubricated
Trustex Flavored	Flavored
Contempo Rough Rider Luscious Flavors	Flavored
Lifestyles Kiss of Mint	Flavored
Trojan Mint Tingle	Flavored
Durex Chocolate Passion	Flavored
Global Protection Night Light	Glow in the Dark
Lifestyles Rainbow Colors	Colors
FC Female Condom®	Female condom, polyurethane