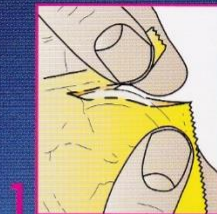
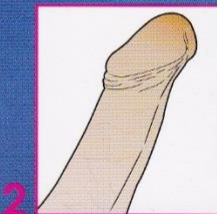


How to use a condom...

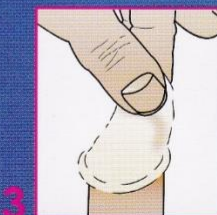
1. Check that the condom foil is intact, that it is within the expiry date and that it has the BSI Kitemark and CE mark. Tear along one side of the foil, making sure that you do not damage the condom with sharp fingernails or jewellery as you squeeze the condom out.



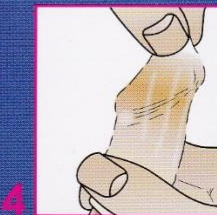
2. Put the condom on when the penis is erect, but before contact with your partner as fluid is often released in the early stages of an erection. This may cause pregnancy or pass on an infection.



3. Hold the condom teat between the thumb and the finger, making sure the condom is the right way for unrolling. This expels air from the teat reducing the chance of it bursting.



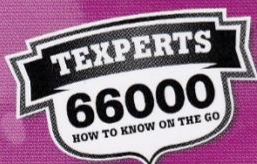
4. Using your other hand, unroll the condom down the entire length of the penis, while still holding the teat. Make sure the condom stays in place during sex. If the condom should come off then open a new condom and put it on before continuing sex. If this happens, the female should attend for post-coital contraception as a precaution against unintended pregnancy.



5. After ejaculation, make sure you hold the base of the condom in place as you withdraw. Only when the penis is completely withdrawn can you remove the condom. Make sure you keep the penis and used condom away from the vagina and anus.



6. After use, make sure you dispose of the condom hygienically. Wrap it in tissue and place it in a waste bin. **Do not flush it down the toilet.**



24/7 Sexual Health TXT Helpline exclusively through Pasante

For discreet sexual health information and help, text any question you like to 66000 any time 24/7 and a trained expert will get back to you in minutes. Answers are usually £1, but your first answer is FREE if you start your question with PASANTE. For Terms & conditions, see www.texperts.com

Pasante Healthcare Ltd.
14 Commerce Way, Lancing, West Sussex BN15 8TA, UK.
T: +44 (0)1903 753844 F: +44 (0)1903 753889 sales@pasante.com www.pasante.com

Pasante[®]
healthcare

Important information

Do not use oil-based lubricants such as baby oil, petroleum jelly, body lotions, massage oils, butter etc., as they can damage latex condoms. If additional lubrication is required, use a water-based lubricant such as Pasante TLC or Light Lube. Some medications applied to either the penis, anus or vagina may damage the condom, so please check with your doctor or pharmacist. Condoms used for anal sex may have an increased risk of slipping off or being damaged. Never use the same condom more than once. If you have unprotected sex or you feel your method of contraception has failed, contact your Sexual Health Clinic or GP for emergency contraception advice as soon as possible, preferably within 24 hours, but no later than 72 hours. For further information on sexually transmitted infections (STIs), look for Genito Urinary Medicine (GUM) or Sexual Health Clinic in the phone book.

Useful contacts

CS Supplies (Mail Order)

Secure mail order service for condoms and safe sex products direct to the community. Catalogues or on-line ordering.
Tel: 01273 593069
www.postalcondoms.co.uk

National Drugs Helpline

Free and confidential helpline with information on drug use and misuse.
Tel: 0800 776600
Mon - Fri 24hours
www.talktofrank.com

Terrence Higgins Trust/Helpline

Practical advice & counselling for people concerned with HIV & AIDS.
Tel: 0845 1221200
Mon - Fri 10am - 10pm
Sat - Sun 12am - 6pm
www.tht.org.uk

Sexwise

Under 18's: advice about sex, relationships or contraception.
Tel: 0800 282930
www.ruthinking.co.uk

NHS Direct

Confidential health advice and information. Calls charged at local rate. For patients' safety, all calls are recorded.
Tel: 0845 4647
www.nhsdirect.nhs.uk

Sexual Health Direct

Contraceptive and sexual health advice, run by the fpa (family planning association).
Tel: 0845 3101334 (UK)
Tel: 028 9032 5488 (N. Ireland)
Mon - Fri 9am - 7pm
www.fpa.org.uk

Caledonia Youth (Scotland)

Free sex advice and contraception for young people.
Mon - Thu 12 - 6pm
Fri 12 - 3.30pm
Sat 12 - 2.30pm
www.caledoniayouth.org

C:Card (Scotland)

Free condoms across the Lothians. Free and confidential, run by NHS Helpline.
Tel: 0800 22 44 88
www.ccard.org.uk

Healthy Gay Scotland

Free condoms by post.
www.hgscotland.org.uk

The Sandyford Initiative (Scotland)

Sexual health service for Glasgow area.
Tel: 0141 211 8130

HYPE Project (Belfast)

Sexual information and help for young people under 25.
Tel: 028 9056 4936
www.wellnet-ni.com

Sexual Health Line

Confidential health advice and information.
Tel: 0800 567123
Textphone: 0800 521361
Mon - Fri 24 hours
www.playingsafely.co.uk
www.condomessentialwear.co.uk

Brook

Free sex advice & contraception for young people.
Tel: 08000 185023 (UK & Scotland)
Tel: 028 9032 8866 (N. Ireland)
www.brook.org.uk

Genito urinary clinics can be found on:

www.condomessentialwear.co.uk

Details of your local service:

TEL:

Supporting:



www.condomessentialwear.co.uk

Pasante Healthcare Ltd.
14 Commerce Way, Lancing, West Sussex BN15 8TA, UK.
T: +44 (0)1903 753844 F: +44 (0)1903 753889 sales@pasante.com www.pasante.com

Pasante
healthcare