

# Contraception: Condoms

Information for patients



## easy read



This leaflet uses easy words and pictures.

You may need someone to help you understand it.

## sex



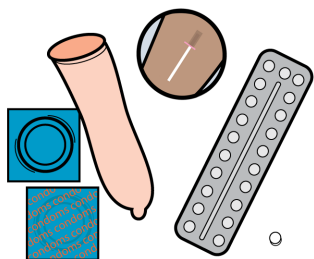
If you are having sex you need to think about contraception to stop you getting or spreading infections.

## Not pregnant



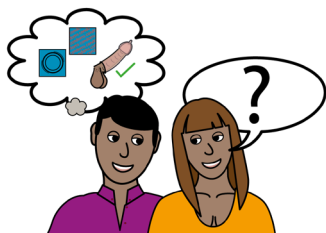
Contraception will also help to stop you or your partner getting pregnant when you don't want to get pregnant.

## contraception



There are different types of contraception.

## talk about condoms



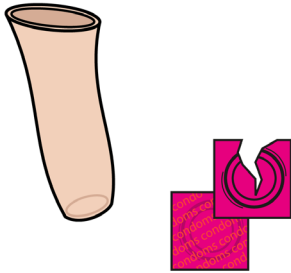
This leaflet is about the use of condoms.

## Not pregnant



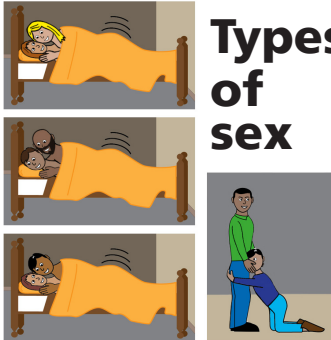
Condoms can stop you or your partner getting pregnant.

## condom



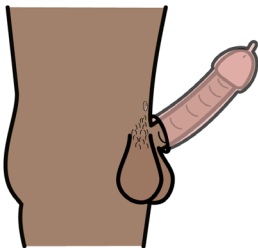
Condoms can also reduce the risk of getting or spreading infections when having sex.

## Types of sex



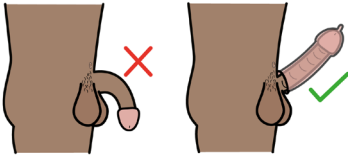
You need to wear a condom if having anal, vaginal or oral sex to reduce the risk of spreading sexual infections.

## condom



A condom is a rubber tube that goes over a penis before sex.

### **condom on erection**

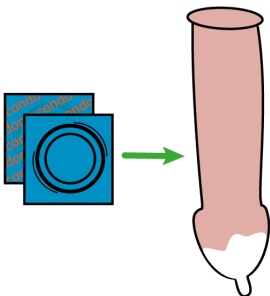


You must put the condom on when the penis is hard (erect).

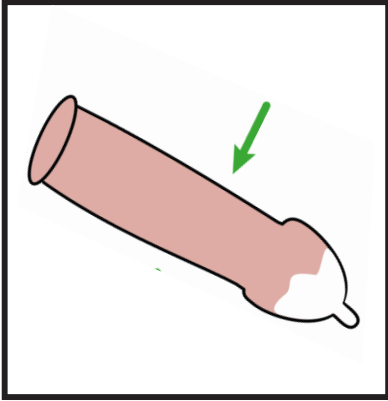
### **sex**



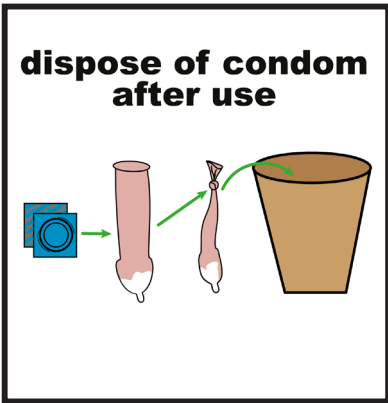
You must keep the condom on the whole time you are having sex.



When you have finished having sex you need to take the condom off carefully.



Keep all of the cum  
inside the condom.



Tie the condom with a  
knot and put it in the  
bin.



Do not flush the  
condom down the  
toilet.

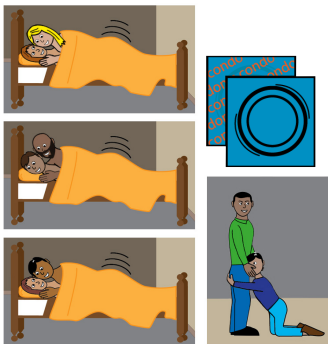
## wash hands



Wash your hands after taking the condom off.

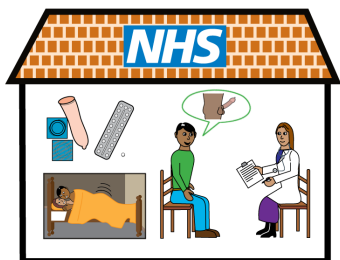


You need a new condom every time you have sex.



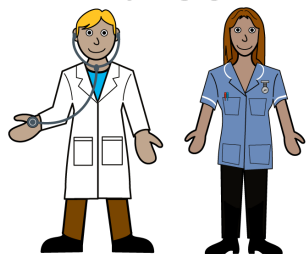
If you have sex with more than one person you need a new condom for each person.

## Sexual health clinic



When you have regular sex or change your sexual partner it is good to have a sexual health check at the clinic.

## doctor and nurse





**For more information please go to**

**[www.necldnetwork.co.uk/  
work-programmes/health-inequalities/maternity/](http://www.necldnetwork.co.uk/work-programmes/health-inequalities/maternity/)**

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**Easy Read**



This leaflet has been co-developed by Leeds Teaching Hospitals NHS Trusts which has kindly been shared so it can adopted by the North East & North Cumbria.



**The Leeds  
Teaching Hospitals**  
NHS Trust

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