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Bundeszentrale  
für  
gesundheitliche  
Aufklärung

pre-familia



Bundesvereinigung  
Deutscher Apothekerverbände



**Emergency contraception** \_\_ If you only become aware after you've had sex that there was a mishap while using a condom, the '**morning after pill**' is very likely to prevent a pregnancy. Depending on the type, the '**morning after pill**' can be taken 3–5 days after the event.

All types of emergency contraception should be taken as soon as possible, preferably in the first 12 hours after unprotected sex.

As an immediate measure, if there is a risk of an HIV infection, you can get emergency medical care known as post-exposure prophylaxis (PEP). More information is available at [www.liebesleben.de](http://www.liebesleben.de)

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Sicher sein – Kondome + Pannens englisch

be safe

Condoms + Mishaps

**Dear condom users:** please consider the following so that condoms can protect you from pregnancy/paternity and HIV/AIDS ...

**Put a condom on** before the penis penetrates the vagina or anus for the first time.



**Before putting on a condom,** make sure the foreskin, if present, is pulled back.



**Remove any air from the tip of the condom** to leave enough room for the semen.

**Place the condom on the head of the penis.** Then (and only then!) roll it down – don't pull!

**Pay attention to the correct size of the condom:**  
A sizing guide can be found at [www.kondometer.de](http://www.kondometer.de)



**When it comes to using condoms, practice makes perfect.** Nevertheless, mishaps can happen.

› **The condom ripped during intercourse**

› **The condom slipped off while removing the penis from the vagina or anus**

If you notice either of these problems, the female partner should take the 'morning after pill' as soon as possible and definitely within 5 days.

If you are worried you may have contracted HIV or another STI, please see your doctor promptly.



**The mishaps with condoms often occur because they aren't used correctly:**

› **The packaging may be damaged**

› **The condom is past its use-by date**

› **You put the condom on incorrectly by mistake at first**

If any of these apply, you **must** use a new condom.

› **The condom is too tight or too loose**

Use a new condom of the correct size.

› **You've used an oil-based or petroleum-based lubricant**

Use a water-based lubricant that won't attack the latex.