

### How to prevent breakage

Make sure to pinch the tip of the condom to remove air and leave room for semen.

Use water based lubricant. Never use oil based products like vaseline or hand lotion, these break down the condom increasing the chance of breakage.

### What to do if a condom breaks

To prevent pregnancy, a female can use the morning after pill (Plan B) available at Planned Parenthood (up to 72 hours after but most effective within first 24 hours), Ella morning after pill available with a prescription from a doctor or nurse practitioner (up to 120 hours after but most effective sooner), or an emergency contraception copper IUD (inserted up to 7 days after).

You and your partner should both be tested for STIs after unprotected sex.

Testing is available at PPR, the STI clinic and from a family physician.

### Remember...

- Never reuse a barrier
- Treat your condoms with respect
- Condoms and Dental Dams are the only way to reduce your STI risk when you use them consistently and correctly
- PPR offers FREE condoms and sells a variety of textures and flavors — \$5/15 .
- Making your own dental dam is quick and easy buy cutting a condom in half.

**This is a brief informational handout only. When starting a contraceptive or any new medication, we encourage you to ask questions and get answers. Contact Planned Parenthood Regina , your family doctor or a Nurse Practitioner to learn more.**

### Hours of Operation

**Monday, Wednesday & Friday**  
**9 a.m.- 5 p.m.**  
*(closed from 12:00-12:45 for lunch)*

**Tuesday & Thursday**  
**9:00 a.m.—8 p.m.**  
*(closed from 12:00-12:45 for lunch)*

**Saturday**  
**1:00 p.m.—5 p.m.**

**Sundays & Stat Holiday weekends:**  
**Closed**



**We sell low cost contraceptives.**  
**Debit/ Credit /Cash**

# Barriers

### Condoms & Dental Dams



**The only contraceptive method that helps protect against STIs**

**Planned Parenthood  
Regina  
1920 B Francis St.  
Regina, SK**

**Phone: 306-522-0902**

## What are Barriers?

There are 2 types of condoms:

- External (aka “male”) &
- Internal (aka “female”)

Both types create a barrier to prevent skin to skin contact, and exchange of bodily fluids (blood, semen, etc.) which helps protect you and your partner from STIs.

- Dental Dams provide a barrier for *oral sex*, reducing STI risk but they do not protect against pregnancy

## What are the Benefits?

- Condoms are the only contraceptive method that provide protection from STIs like HIV, and they also offer protection against pregnancy.
- They are inexpensive and easy to find
- Small, discrete and easy to carry
- Can be purchased without a prescription and can be found at most stores
- Easy to use

## When should I use a Barrier?

Barriers should be used every time you have any sexual contact with anyone.

They only work if you use them correctly and consistently.

## Where Can I get Condoms?

- Planned Parenthood Regina  
low cost and some are free
- Public Health Clinics
- Grocery stores & supercenters
- Pharmacies & Convenience stores
- Beware of condoms sold in vending machines that are labelled as “novelty”, they do not protect from pregnancy and STIs!
- Its easy to make your own dental dam, just cut off the tip of an external condom then cut down the side, voila!

## Where should I Keep Condoms?

- A protective case is best to prevent damage from friction and sharp objects.
- Store condoms away from extreme heat or cold
- Never keep condoms in your back pocket, wallet or glove compartment of your car
- If you’re going to carry one, you might as well carry a couple

## How to Use an External Condom

- Always check the expiry date
- Squeeze the condom to check for an air bubble (this means no damage)
- Carefully tear the package open (don't use your teeth or scissors)
- Make sure the tip is pointing up
- Squeeze the tip to remove any air
- Pinch the tip to leave space for the semen and place on the erect penis
- unroll the condom down the shaft to the base
- Add a water based lubricant to reduce friction
- To remove, hold the base of the condom and withdraw
- Remove the condom and throw it in the garbage

