

IMPORTANT POINTS TO KNOW BEFORE USING A CONDOM

1. What is a latex condom?

A close fitting sheath with a reservoir end made of thin, natural latex rubber, designed to cover the erect penis and to collect and hold semen. Each condom is wrapped in an individually sealed foil package.

2. Effectiveness of a condom

Although no contraceptive can guarantee 100% effectiveness, condoms when properly used can help prevent pregnancy and reduce the risk of AIDS and the spread of many sexually transmitted infections (STIs), but cannot totally eliminate the risk of acquiring these diseases. STIs as the name suggest, are usually contracted as a result of sexual contact. Any person evidencing symptoms should consult their doctor, STI clinic or hospital as soon as possible.

3. WARNING

For maximum protection it is important to follow the INSTRUCTIONS FOR USE carefully.

4. Storage

Store condoms below 25 degrees in a cool dry place away from direct sunlight.

5. Lubricants - ALWAYS USE A WATER BASED LUBRICANT WHEN USING A CONDOM

Many lubricants including petroleum jelly, will weaken the latex of the condom. Only use waterbased lubricant. We recommend **GLYDE ULTRA PERSONAL LUBRICANT**.

6. **GLYDE Ultra condoms and GLYDE Ultra Personal Lubricant** are suitable to use for vaginal or anal sex.

INSTRUCTIONS FOR USE - DO NOT RE-USE CONDOMS. SINGLE USE ONLY

1. Open the foil package carefully. Take care not to damage the condom with fingernails, rings or other body jewelry.
2. Do not unroll the condom before putting it on. Unrolling the condom before use may damage it and will make it more difficult to put on.
3. Put the condom on before any contact occurs between the penis and the partner's body.
4. Gently hold the reservoir tip of the condom between thumb and forefinger (this makes sure there is no air trapped in it) and unroll the condom onto the erect penis, rolling smoothly all the way down.
5. After you have put on the condom, add plenty of GLYDE Ultra Premier Lubricant



6. Withdraw the penis from your partner soon after ejaculation, before the erection goes down. Hold the rim of the condom round the penis so that the condom does not slip off during withdrawal. This should prevent any spillage.
7. After withdrawal, take care not to touch the vaginal area with either the penis or the condom.
8. If the condom breaks or slips off during intercourse, do not ejaculate inside your partner and withdraw immediately. If ejaculation occurs, consult a doctor as soon as possible about "morning after" contraception and infection prevention, whether spermicide has been used or not.
9. Check with a doctor or pharmacist about the compatibility of condoms and topical medicines applied to the penis, vagina or rectum.
10. A spermicide may be used with condoms if desired, but is not essential for contraception prevention.
11. Dispose of used condoms by wrapping and putting in a garbage bin. Do not flush down toilet.

Remember to practice safe sex. **"Play safe, don't forget your GLYDES"**

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