

## Fact Sheet - Chinese

## 男用避孕套

## The Male Condom



## 什麼是男用避孕套？

男用避孕套是一端封閉的薄乳膠管，在性交時戴在勃起（變硬）的陰莖上，以防止懷孕。男用避孕套也有非乳膠的，用一種叫聚氨酯的材料制成。男用避孕套通常就只稱為“避孕套”。避孕套也有助於防止性傳播疾病（性病），包括艾滋病毒。

## 避孕套如何起作用？

在男人射精時，避孕套就捕捉住精液。這樣精液裏的精子就不能往前移動，與卵子相遇而使女人懷孕。

## 避孕套的效果如何？

如果每次都正確使用，避孕套會有很好的效果。取決於使用方法的正確程度，其有效率在82%和98%之間。這意味著，100對夫婦使用避孕套一年，有2至18名婦女會懷孕。

## 哪些人可以使用避孕套？

大多數男性都可以使用避孕套。

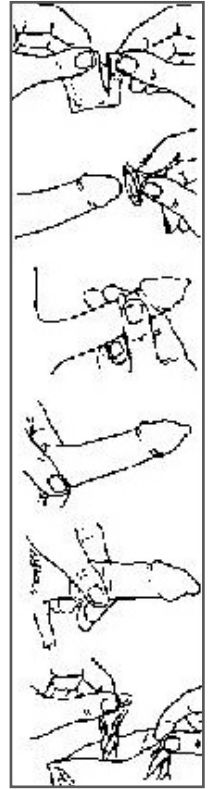
## 如何使用避孕套？

- 避孕套是單獨包裝的，所以先小心地打開包裝袋，確保避孕套不被指甲刮破
- 避孕套是卷起的。它看起來像一圈寬鬆的薄橡膠，有著厚厚的外緣，這實際上就是卷起的避孕套。請確保在對著您的一面，邊緣向中心方向卷起。這一點很重要，因為這樣它才能在之後正確地卷下來
- 用拇指和前兩個手指拿住並擠壓寬鬆的圓圈中心。這將在您射精時給精液留出空間。有的避孕套的末端有一個像乳頭的特殊形狀，就是為這個目的而特別準備的
- 戴上避孕套之前陰莖必須已經勃起。在避孕套仍處於卷起狀態時，拿著避孕套的一端，將它象帽子一樣戴在陰莖頭上

- 用另一隻手（拇指和前兩個手指），滾動避孕套，一直卷下至陰莖根部
- 如果需要的話，就在避孕套外面塗上一些額外的水基潤滑劑
- 性交之後，在陰莖變軟之前，將避孕套貼緊陰莖根部捏住，這樣它才不會脫落，精液才不會流出，然後小心地從性伴侶身體裏拔出
- 取下避孕套，在開口端打個結，以將精液保留在避孕套內
- 將避孕套用紙巾或紙張包好，並放在垃圾桶裏。不要將它沖下馬桶

## 請記住：

- 將避孕套儲存在遠離熱源和光源的地方
- 使用之前檢查包裝上的到期日期
- 檢查確認避孕套包裝沒有被撕裂或打開過
- 戴上避孕套之前不要有任何生殖器的接觸



## 避孕套是否有任何副作用？

沒有副作用，除非您對乳膠或潤滑劑有過敏反應。這是非常罕見的。

如果您或您的伴侶對乳膠有過敏反應，您可以使用非乳膠的聚氨酯避孕套作為替代選擇。

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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

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審閱：2014年 7月 | FPNWSW 07/14

### 如何購買避孕套？

您可以從家庭生育計劃診所、藥房、性健康診所、自動售貨機、超市或通過郵購購買乳膠避孕套。大多數大型超市和藥房有出售非乳膠避孕套。

### 要記住的事項

每個避孕套應該只使用一次。

避孕套會腐化，所以要放在陰涼的地方，並在到期日之前使用，否則它們可能會斷裂。油基潤滑劑也可以使乳膠避孕套破裂。

避孕套是自身潤滑的，但額外的水基潤滑劑也可以塗在避孕套的外面。

如果您忘記使用避孕套，或者您認為它沒有起作用，比如，在性交時破裂或滑脫，那麼您可以從藥房購買緊急避孕藥（ECP）。女性可以在沒有保護的性行為之後120小時內服用緊急避孕藥，以減少懷孕的機率。

### 欲了解更多的信息

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務（NRS，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

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審閱：2014年 7月 | FPNSW 07/14

## Fact Sheet - English

# THE MALE CONDOM



### What Is The Male Condom?

The male condom is a tube of fine latex rubber which is closed at one end. It is worn on an erect (stiff) penis during sex, to prevent pregnancy. There are also non-latex male condoms made from a material called polyurethane. The male condom is usually just called a 'condom'. Condoms also help to prevent sexually transmissible infections (STIs), including HIV.



### How Does A Condom Work?

It catches the semen when the man ejaculates. Then the sperm in the semen cannot travel up to meet an egg and start a pregnancy.

### How Well Does It Work?

Condoms can work very well if they are used correctly every time. They are between 82% and 98% effective, depending how well they are used. This means that if 100 couples use them for a year then between 2 and 18 women will become pregnant.

### Who Can Use A Condom?

Most men can use a condom.

### How Do You Use A Condom?

- Condoms are individually wrapped in packets, so first carefully open the packet, making sure you do not tear the condom with your fingernails
- The condom will be rolled up. It will look like a circle of loose fine rubber with a thick rim, which is actually the rolled up condom. Make sure the rim is rolled towards the centre on the side facing you. This is important as it will then roll down properly
- Hold and squeeze the centre of the circle where the condom is loose, with your thumb and first two fingers. This will make space for the semen when you come. Some condoms have a special shape like a nipple at the end especially for this purpose
- The penis must be erect before you put on the condom. With the condom still rolled up, and while still holding the tip, put the condom on the head of the penis like a cap
- Using your other hand (thumb and first two fingers), roll the condom all the way down to the base of the penis
- Put some additional water-based lubricant on the outside of the condom if required



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- After sex and before the penis has become soft, hold onto the condom at the base of the penis so that the condom does not come off, and semen does not leak out, and carefully pull away from your partner
- Take off the condom and tie a knot in the open end to keep the semen inside the condom
- Wrap the condom in a tissue or some paper, and put it in the bin. Do not flush it down the toilet



### Remember:

- Store condoms away from heat and sunlight
- Check the expiry date on the pack before you use it
- Check that the condom packet has not been torn or opened
- Do not have any genital contact before you put the condom on

### Are There Any Side Effects?

There are no side effects, unless you are allergic to latex rubber or to the lubricant. This is very rare.

You can use non-latex polyurethane condoms as an alternative if you, or your partner, are allergic to latex rubber.

### How Do You Get Condoms?

You can buy latex condoms from Family Planning Clinics, pharmacies, sexual health clinics, vending machines, supermarkets and by mail order. Non-latex condoms are available at most large supermarkets and pharmacies.

### Things To Remember

A condom should be used ONE TIME ONLY.

Condoms can perish so keep them in a cool place and use them before the expiry date, otherwise they may break. Oil based lubricants can also make latex condoms break.

Condoms are self-lubricated but additional water-based lubricants can be also be used on the outside of the condom.

If you forget to use a condom, or you think it has not worked e.g. it breaks or slips off during sex, you can buy the emergency contraceptive pill (ECP) from a pharmacy. A woman can take the ECP within 120 hours after unprotected sex, to reduce the chance of pregnancy.

### For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

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