

CONDOMS

Free condoms, femidoms and lubricant are available from all Sandyford sites and from a range of pharmacies and community services, through the 'Free Condoms' service. As some services are reduced or unavailable due to Covid restrictions, condoms can be ordered on-line via the form available on Sandyford website:

<https://www.sandyford.scot/sexual-health-services/free-condoms/public-order-form/>

At Sandyford locations, condoms are issued without the need to register or give any personal details and clients do not require a user card. There is no restriction to the frequency of accessing the service. Clients can use a Choices card to present without having to verbally ask for condoms and to identify their preferred type of condom.

Condoms are available from reception areas at all Sandyford locations

On-line, clients can request 2 packets of condoms or Femidoms (12 in each packet) and 1 packet of lubricant (12 sachets). They are delivered via TNT to the clients address.

Male Condoms

- Made of latex rubber or polyurethane.
- All condoms provided are spermicide free
- A range of condoms is available (see chart below).

Female condom - Femidom

- Polyurethane.
- An inner ring is inserted into the vagina and an outer ring holds the lower end of the device over the vulva.

Lubricants

Both water and silicone-based lubricants are available. These should be promoted to improve efficacy of condoms used for anal sex.

Failure Rates

Men and women can be advised that when used consistently and correctly, male condoms are up to 98% effective at preventing pregnancy (Grade C) (FSRH, 2012).

Men and women can be advised that pregnancy rates are similar for latex and non-latex condoms (Grade A) (FSRH, 2012).

Men and women can be advised that when used consistently and correctly, female condoms are 95% effective at preventing pregnancy (Grade C) (FSRH, 2012).

There is good evidence that consistent use of the male latex condom reduces the transmission of HIV in heterosexual couples, including those who have anal sex, and limited evidence for a comparable effect in MSM. There is evidence of protection against chlamydia, gonorrhoea, syphilis and HSV-2 in heterosexual men and women, rectal chlamydial infection in MSM and possibly trichomoniasis in women. A Cochrane

review of non-latex male condoms for prevention of pregnancy showed significantly higher rates of clinical breakage than latex counterparts. Female condoms confer as much protection from STIs as male condoms and may be used for anal sex (BASHH, 2012).

There is evidence that use of the spermicide nonoxinol-9 is associated with an increased risk of genital ulceration and HIV transmission. All condoms provided in the Free Condoms service are nonoxinol-9 free.

Compromised function/drug interactions (check bnf.org and SPC for drugs)

Water and silicone-based lubricants should be recommended, particularly when using latex condoms.

Oil based lubricants (such as baby oil, petroleum jelly, some vaginal medications) can damage condoms and may increase the risk of breakage (7.7% breakage with oil and 10% with saliva compared to 3% with appropriate lubricant). These products also damage the integrity of polyisoprene condoms (Skyn) and natural lamb intestine condoms (naturalamb).

Baby oil and oil based vaginal preparations can damage condoms and make these methods less effective. Some of these products are listed:

- Petroleum jelly (white soft paraffin/liquid paraffin)
- Cyclogest
- Dalacin cream(clindamycin)
- E45 and similar preparations
- (econazole)
- (amphoteroicin)
- Gyno-Daktarin (miconazole)
- Gyno-Pevaryl/Monistat
- Nizoral(ketoconazole)
- Premarin cream
- Canestan pessaries and cream(clotrimazole)
- Witepsol-based products

Assessment Of Client Suitability

- Offer condom demonstration if necessary. A video showing the correct use of condoms and Femidoms is available on the Sandyford website: <https://www.sandyford.scot/sexual-health-services/free-condoms/>
- Ensure client fully understands the method.
- Clients should be offered a choice of condom and lubricants (particularly for anal sex where breakage significantly reduced by appropriate lubricant)
- Information about the FREE CONDOMS service should be offered to all first time attendees requesting condoms.
- Additional lubricant inside condoms increases risk of slippage and thus potential failure.
- No evidence to support additional use for vaginal sex.

Condom products available in clinics

STICKER COLOUR & CODE	PRODUCT BRAND NAME	DESCRIPTION ON CHOICE CARD	QUANTITY IN BAG
STN	Naturelle	Standard shaped condom	12 Loose
LAT	Sensiva	Latex Free	12 Loose
FEM	Femidom	Female Condom	12 Loose
LAR	King Size	Larger Fit	12 Loose
TRI	Trim	Trimmer Fit	12 Loose
VAR	Variety Bag	Variety of Sizes	4 Naturelle, 4 Trim & 4 King Size
BLK	Black Velvet	Black Condoms	12 Loose
LUB1	Light Lube	Clear Lubricant	12 Sachets
LUB2	TLC Lube	Opaque Lubricant	12 Sachets

References

British Association for Sexual Health and HIV. The Clinical Effectiveness Group of the British Association for Sexual Health and HIV (BASHH) and the British HIV Association (BHIVA) (2012). UK National Guidelines on safer sex advice. (accessed on line 21/9/21)

FSRH. Clinical Effectiveness Unit. (2012 updated October 2015 section 6.2 lubricants). Barrier Methods for Contraception and STI Prevention. (accessed on line 21/9/21)