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Terrence Higgins Trust for  
**HIV PREVENTION ENGLAND**,  
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## USE LUBE.

Using lubricant with a condom means it's less likely to rip or come off (and sex will be more comfortable). Whatever your condoms are made from, use water-based lube.

Never use oil-based lubes - these quickly weaken condoms, making them more likely to break.

### ✓ **DO USE water-based lubes:**

These can easily be obtained from most supermarkets, pharmacists or online shops and include KY, Liquid Silk and Wet Stuff.

### ✗ **DON'T USE oil-based lubes:**

Such as lotions or oils - including Vaseline, hand cream or cooking oils.

Silicone-based lube is also safe to use with any condom. Don't use spit as lube as it dries quickly, making condoms more likely to break during sex.

## CUT THE COST.

Get free condoms and lube from:

- sexual health clinics
- some doctors' surgeries
- some sexual health charities.

Buying online is cheaper and there's more choice of lube.

Visit **StartsWithMe.org.uk** to take the quiz and find out which condom is best for you.

**StartsWithMe.org.uk**



**I PROTECT  
MYSELF  
FROM HIV.**

Choosing the best condom

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**IT  
STARTS  
WITH  
ME**

**We can stop HIV.**

Condoms provide great protection against HIV, other sexually transmitted infections (STIs) and unplanned pregnancy. Your choice of condom makes a huge difference to how good they feel and how well they perform. Here's our guide to finding the best condom for you.

## THE RIGHT CHOICE.

Condoms come in lots of different sizes, shapes, thicknesses and materials. Shop around and find the one that gives you the most pleasure.

**Size** Condoms come in different sizes. A condom which fits will feel better and the condom will be less likely to come off or break. Here are some questions to find out if you're using the best size:

- Do condoms feel too tight or uncomfortable to put on? Do they not cover the penis down to its base? Do you find that they break? These are signs a condom is too small. Look out for 'extra large' or 'XL' condoms: they are longer (and some are wider).
- Do you find that condoms come off during sex? Then they could be too big. Try a 'trim', 'snug' or 'slim fit' condom instead.

**Thickness** Studies have shown that standard, natural or thin condoms are no more likely to break than thicker ones (including during anal sex). Thinner condoms will provide the same amount of protection and will give you more feeling.

**Material** Most condoms are made from latex, which some of us are allergic to. If condoms make your (or your partner's) skin irritated or itchy, then look for non-latex condoms made from 'polyisoprene' (such as Mates Skyn condoms and Durex Latex Free).

Even if you aren't allergic you might prefer polyisoprene condoms as they are thinner and provide more feeling.