

A WORD ABOUT CONDOMS

Condoms sold in Canada fall in two classes: Latex condoms (natural rubber), and non-latex condoms (sheep intestine). Some studies have shown that non-latex condoms allow small viruses to pass through them. Therefore, for maximum protection against STD, **latex condoms are recommended.**

Condoms come in a variety of shapes, textures and types of lubrication. Generally speaking, condoms with **reservoir tips** (to collect the sperm after ejaculation) are preferred.

Check the box to ensure that the **design or shape of the condom is indicated.** This will ensure that you get the product that you are looking for.

Check that the **expiry date is clearly indicated on the box.** This will ensure that the condoms are not too old or brittle.

The government requires that condoms sold in Canada must undergo quality control testing, but some brands undergo even **more extensive and rigid testing than the government requires.** These brands may be **more expensive,** but quality products usually are. Given the serious consequences of condom breakage, you will want to invest in your future and buy a quality product. **Ask your doctor or pharmacist about the brands that fall into this category.**



Dr. A. Campbell, M.D., M.Sc.
Obstetrician/Gynaecologist
University of Montreal