

දුරකථන ) 0112669192 . 0112675011  
தொலைபேசி ) 0112698507 . 0112694033  
Telephone ) 0112675449 . 0112675280

ෆැක්ස් ) 0112693866  
பெக்ஸ் ) 0112693869  
Fax ) 0112692913

විද්‍යුත් තැපෑල ) postmaster@health.gov.lk  
மின்னஞ்சல் முகவரி )  
e-mail )

වෙබ් අඩවිය ) www.health.gov.lk  
இணையத்தளம் )  
website )



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சுவசிரிபாய  
SUWASIRIPAYA

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சுகாதார, போசணை மற்றும் சுதேச வைத்திய அமைச்சு  
Ministry of Health, Nutrition & Indigenous Medicine

General Circular No: 01 – 31/ 2017

All Provincial Secretaries of Health,  
All Provincial/ Regional Directors of Health Services,  
All Directors of Teaching Hospitals,  
All Heads of Specialized Campaigns,  
All Heads of Health Institutions,

**Guideline for Education and Demonstration of Condoms**

Among the countries in the South East Asian region, Sri Lanka remains a low prevalent country for HIV infection. This has been achieved through planning and implementation of a number of strategies. Correct and consistent condom use is identified as one such important strategy for HIV prevention.

The Condom is the only method of contraception which prevents both unwanted pregnancies and Sexually Transmitted Infections (STI). Thus it renders dual protection. The use of condoms during sexual intercourse has been recognized as one of the most successful prevention strategies for HIV infection. Therefore, promotion of condoms in Sri Lanka undoubtedly will play a key role in curbing the future HIV epidemic.

The condom is listed under the medical device category in the essential drug list published by the Ministry of Health of Sri Lanka. The National Medicines Regulatory Authority Act No. 5 of 2015 regulates and controls the manufacture, importation, sale and distribution of cosmetics, devices and drugs in Sri Lanka.

Condoms are widely available in Sri Lanka and are being distributed through STD clinics, family planning clinics, public health staff, and retail outlets. The Ministry of Health, Sri Lanka provides condoms free of charge for both family planning purposes and STI & HIV prevention activities, through health care service providers.

The objectives of condom programming in Sri Lanka :

- To prevent STIs and HIV infection through sexual transmission
- To prevent unwanted pregnancies
- To keep spacing in between pregnancies
- To prevent exchanging of different virus stains among HIV positive people when having sex with positive partners, to avoid ART resistance

National STD/AIDS Control Programme (NSACP) is responsible for the distribution of condoms free of charge for the clients attending the STD clinics, in order to achieve the objectives of dual protection and prevention of transmitted Anti Retro Viral Therapy (ART) resistance. STD Clinic clients include people who seek treatment from the island-wide STD clinic network and People Living with HIV (PLHIV). Further, The NSACP provides condoms free of charge for key populations through Principal Recipient-2 (PR-2) under the Global Fund for AIDS, Tuberculosis and Malaria (GFATM).

The NSACP encourages consistent condom use, in conjunction with the additional contraceptive methods among women living with HIV who are in need of family planning services. The objective of giving an additional family planning method is to avoid accidental unplanned pregnancies among women living with HIV who have not achieved undetectable viral load. Thus, it prevents mother to child transmission of HIV. All these steps are being followed after a series of counseling sessions.

The Family Health Bureau provides condoms as an approach of basket of choice. It is one of the five temporary methods provided by the National Family Planning Programme. In addition to being an option of the contraceptive menu provided in family planning clinics, Public Health Midwives and Public Health Inspectors distribute them during domiciliary visits. The clients for whom condoms are offered include couples who want to space their pregnancies, those who want to limit their children, and those who need a back up method during instances like missed pills and starting another method after the first few days of the cycle.

When counseling a client regarding family planning, the client should be allowed to select a method after offering all suitable methods.

**Advantages of condoms:**

- Correct and consistent use of condoms is the only method that can help in preventing transmission of STDs such as Gonorrhoea, Chlamydia, Syphilis and HIV infection that are transmitted through body fluids, and in preventing unwanted pregnancy. The protection offered for other STDs transmitted through skin to skin contact is lesser, as in the case of genital herpes and genital warts.
- Studies among sero-discordant couples have shown that consistent condom use reduces the risk of HIV transmission by 80% to 94%.
- The contraceptive benefit of male condoms is around 98% when used correctly and consistently (failure rate is 2% per year). However, incorrect and inconsistent use of condoms can result in a higher failure rate. This highlights the importance of proper counseling to improve the correct usage of condoms.
- Condoms can help to protect fertility by preventing transmission of STIs, such as chlamydia and gonorrhoea that cause infertility. The women whose partners use condoms are at a 30% lesser risk of infertility due to sexually transmitted infections.

Please take necessary measures to maintain adequate stocks of condoms in your area (province/ district/ institution), and to regularize the distribution of them, taking necessary steps to maintain the quality of the product.

Further, please instruct the relevant staff to conduct condom education and demonstration sessions for the clients using the dildos provided and adhering to the Guideline for Condom Education and Demonstration (attached herewith).



**Dr. Jayasundara Bandara**  
**Director General of Health Services**  
**Ministry of Health, Nutrition & Indigenous Medicine**

## Guideline for Condom Education and Demonstration

1.	<b>Introduction to advantages of condoms</b>
	<ul style="list-style-type: none"> <li>• Prevention of sexually transmitted infections including HIV</li> <li>• Prevention of unintended pregnancies</li> <li>• Reduce infertility by avoiding STIs</li> <li>• Increase pleasure by psychological relief from knowing the gained protection from STIs and unwanted pregnancies, and by preventing premature ejaculation through use of medicated condoms</li> <li>• Once the condom use is discontinued, fertility returns immediately</li> <li>• There is no need to depend on the stage of the menstrual cycle for initiation and use of condoms</li> <li>• Easily accessible, without a medical prescription</li> <li>• Contraindicated only in latex allergy</li> <li>• Enhance sexual pleasure by using condoms of different flavors and shapes</li> </ul>
2.	<b>Educate the client to assess the quality of the condoms</b>
	<ul style="list-style-type: none"> <li>• Store condoms in a cool dry place</li> <li>• Do not keep the condoms in places where they are exposed to frequent pressure or friction</li> <li>• Importance of checking the expiry date</li> <li>• Check whether the packet is intact (air sealed), and lubricant is not leaking.</li> <li>• Keep away from insects</li> <li>• Prevent access to children</li> </ul>
3.	<b>Educate the client about opening the packet</b>
	<ul style="list-style-type: none"> <li>• Not to use teeth or a pair of scissors to open the packet</li> </ul>
	<ul style="list-style-type: none"> <li>• Open the packet by tearing from the saw toothed edge</li> </ul>
4.	<b>Educate the client on wearing the condom</b>
	<ul style="list-style-type: none"> <li>• Put the condom on before there is any oral, vaginal or anal contact</li> </ul>
	<ul style="list-style-type: none"> <li>• Condom should be worn only after penile erection.</li> </ul>
	<ul style="list-style-type: none"> <li>• Condoms should be worn during foreplay with partner's assistance</li> </ul>
	<ul style="list-style-type: none"> <li>• Take the condom out and find the correct side for use (Rolling edge should be facing out)</li> </ul>
	<ul style="list-style-type: none"> <li>• In a situation where the condom is put on upside down by accident, use a new</li> </ul>

	condom
	<ul style="list-style-type: none"> <li>• Before wearing the condom, retract the foreskin fully</li> </ul>
	<ul style="list-style-type: none"> <li>• Squeeze the teat of the condom with two fingers to expel air</li> </ul>
	<ul style="list-style-type: none"> <li>• Unroll the condom on the erect penis up to the base. If unrolling is difficult, suspect damage or rolling edges facing inside. May have to use a new one.</li> </ul>
	<ul style="list-style-type: none"> <li>• Once the sexual act is over the condom should be removed before the penis becomes flaccid.</li> </ul> <p>Withdraw the condom by holding the rim (base) of the condom. If the condom is damaged, emergency contraception needs to be used to prevent a pregnancy. However, there is no way to prevent transmission of sexually transmitted infections.</p>
	<ul style="list-style-type: none"> <li>• Use a tissue or paper to remove the condom to prevent direct contact with genital secretions.</li> </ul>
	<ul style="list-style-type: none"> <li>• Wrap the removed condom in a tissue or a paper and dispose it in a way similar to disposing garbage.</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid throwing the used condom into the toilet or open areas.</li> </ul>
	<ul style="list-style-type: none"> <li>• Do not wear two condoms at the same time.</li> </ul>
	<ul style="list-style-type: none"> <li>• Use only water based lubricants. Oil based lubricants can rupture the condom, so never use them (eg. creams).</li> </ul>
	<ul style="list-style-type: none"> <li>• Use lubricants for condoms during anal sex and if necessary during vaginal sex, to avoid condom breakage, or if either partner experiences irritation not attributed to an allergy.</li> </ul>
	<ul style="list-style-type: none"> <li>• Use a new condom with each act of intercourse or when having sex in different forms (oral, vaginal and anal)</li> </ul>
	<ul style="list-style-type: none"> <li>• Always keep a few extra condoms.</li> </ul>

In the process of condom education and demonstration, always actively listen to the clients and attempt to get the ideas of them and clearly answer the questions posed by them.

In conclusion, summarize the points taught during the session and ask the client to demonstrate by using the dildo. Reinforce the correct and consistent use of condoms.