ពត៌មាននៅក្នុងកកដាសអង្គនេតនុននះកតរូវបានផ្តល់ជូនសំរាប់នោលបំណងអប់រំតតប៉នុន្ ណះ។ FNPNSW បានកបកាន់យកនូវរាល់ការកបរុងកបយ័ត្ន�ើម្បីធានាថាពត៌មានគឺមានភាពកតរឹមកតរូវនិងតផនការកគរួសារ NSW គឺរាអង្គការមិនរកកនកមមលួយត�លកតរូវបានផ្តល់មូលនិធិនដាយកកសលួងសនុខាេិបាល ននរ�្ឋ NSW បុរសជាតតចើនអាចតតបើតបាស់ត្រោមអនាម័យរួមតេទបាន។

នាក់តតបើតបាស់វាសំរាប់មួយឆ្្ ំ តពលតនាះសសតវីរវាង 2 នាក់និង 18 នល្អយ ៉ា ងែូតចតច។ តនះមានន័យថា តបសិនតបើគូរ្សករ 100 82% និង 98%អា្ស័យតៅតលើថាត�ើវាត�រូវបានតតបើតបាស់បានត�ឹមត�រូវជាតរៀងរាល់តពល។ វាមានតបសិទ្ិភាពរវាងត្រោមអនាម័យរួមតេទអាចែំត� ើ រការបានល្អណាស់ តបសិនតបើវាត�រូវចាប់យកទឹកកាមតៅតពលដែលបុរសបត្ ចេ ញទឹកកាម។ បនាទា ប់មកត�ើត្រោមអនាម័យរួមតេទែំត� ើ រការយ ៉ា ងែូចតមតច? ត្រោមអនាម័យរួមតេទនិងចាប់យកទឹកកាមតៅក្ុងទឹកកាមមិនអាចត្្ើែំត� ើ រតៅែល់តែើម្វីជួបពងវាចាប់យកទឹកកាមតៅតពលដែលបុរសបត្ ចេ ញទឹកកាម។ បនាទា ប់មកត�ើត្រោមអនាម័យរួមតេទក៏អាចជួយទប់រោកា �់ការឆ្លងជំងឺតាមការរួមតេទ តបុរសតាម្ម្មតាគរាន់ដ�តៅថា 'ត្រោមអនាម័យរួមតេទ'។ ត្រោមអនាម័យនឹងត�រូវមូតឡើងតលើ។ វាតមើលតៅែូចជាតៅស៊ូតសតើងដហកត្រោម អនាម័យរួមតេទជាមួយនឹងតកចកដែរបស់អ្កជាតលើកែំបូងត�រូវតបយ័�្ ត�រូវត្្ើតអាយតបាកែថាអ្កមិនត្្ើតអាយចៀតលេច ដូចជាភាពត្្ើំនិយោជិតតមដែនិងកូនដែពវីរែំបូង។ 

• បរាងពិតសស ែូចជាកបាលតោះខាងចុងត្រោមអនាម័យរួមតេទខ្លះមានអ្កមកែល់។ ត្រោមអ តោះសំរាប់ទឹកកាមតៅតពលត្្ើែូចជាកំតាមទឹកសតុកទុកត្រោមអនាម័យរួមតេទតចញឆ្ ងា យជាពិតសសសំរាប់តោលបំ�ងតនះ។ 

• ពត៌មាននៅក្នុងកកដាសអង្គនេតនុននះកតរូវបានផ្តល់ជូនសំរាប់នោលបំណងអប់រំតតប៉នុន្ ណះ។ FNPNSW បានកបកាន់យកនូវរាល់ការកបរុងកបយ័ត្ន�ើម្បីធានាថាពត៌មានគឺមានភាពកតរឹមកតរូវនិងតផនការកគរួសារ NSW គឺរាអង្គការមិនរកកនកមមលួយត�លកតរូវបានផ្តល់មូលនិធិនដាយកកសលួងសនុខាេិបាល ននរ�្ឋ NSW បុរសជាតតចើនអាចតតបើតបាស់ត្រោមអនាម័យរួមតេទបាន។

• ពត៌មាននៅក្នុងកកដាសអង្គនេតនុននះកតរូវបានផ្តល់ជូនសំរាប់នោលបំណងអប់រំតតប៉នុន្ ណះ។ FNPNSW បានកបកាន់យកនូវរាល់ការកបរុងកបយ័ត្ន�ើម្បីធានាថាពត៌មានគឺមានភាពកតរឹមកតរូវនិងតផនការកគរួសារ NSW គឺរាអង្គការមិនរកកនកមមលួយត�លកតរូវបានផ្តល់មូលនិធិនដាយកកសលួងសនុខាេិបាល ននរ�្ឋ NSW បុរសជាតតចើនអាចតតបើតបាស់ត្រោមអនាម័យរួមតេទបាន។
ពិតមាននៅក្នុងកកដាសអសនេតនុននះកតរូវបានផ្តល់ជូនសំរាប់នោលបំណងអប់រំតតប៉នុន្ ណះ។ FNPNSW បានកបកាន់យកនូវរាល់ការកបរុងកបយ័ត្ន�ើម្បីធានាថាពិតមានគឺមានភាពកតរឹមកតរូវនិងទាន់សម័យនិនព័ត៌មាននៅឯនពលនវលាននការនបាះពនុម្ពផសាយ។ បនុគំនិតគ្នាំលានការកពរួយបារម្ភអំពបីការបន្តពូជទា ល់ខ្លួន ឬ បញមាន្ ហា សនុខភាពរាដួលនេទ កតរូវបាននលើកទរឹកចិត្តន�ើម្បីនោយតសវែងរក�ំបូនាមា ននិងជំនលួយោំកទពបីអ្កផ្តល់ការតែរកសាសនុខភាពរបស់ពលួកនគ ឬទស្សនាគ្បីនិចតផនការកគរួសារ។

ពិនិត្យនសើនរើន�ើងវិញៈ មិែនុនា 2014/FPNSW 06/14

www.fpnsw.org.au | គីមប្រយុត្តិការ 1330 658 886 | ទាអាន់ពហុគំនិត

• ទាក់ទងដផនការកគរួសារ NSW តាមដខ្ទូរស័ពទានិយយតលខ
  1300 658 886 បាន ថ្មី  www.fpnsw.org.au/talkline
• NRS (ពហុ្ញ្វថ្មី) 133 677
• បញ្ជាក់មិត្តវេទចារេទីកមាពីផ្ឋំដែរ
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
• 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

• NRS (for deaf) 133 677

• Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.