

Broken Condoms & Slippage



This fact sheet will look at what to do when a condom slips off or breaks. It rarely happens, but can cause a lot anxiety for sex workers and clients. It is important to know what to do in this situation to limit the potential damage to your health and the amount of freaking out a client might do if it happens. The last thing you need when a condom breaks is some stranger yelling and screaming at you.

What are you going to be reading about?...

- Things to try if a condom breaks while you're bonking
- What NOT to do if a condom breaks or slips off inside your vagina or butt
- Emergency contraception
- PEP
- Dealing with your client
- What can cause a condom to break or slip off?
- STIs
- Places that prescribe PEP and places you can go for sexual health checks

Things to try if a condom breaks while you're bonking:

1. Stop the service immediately.
2. The penetrative partner needs to pull their penis out immediately. As the professional you're the expert, so you should keep hold of the base of the condom if it's still there to make sure the entire condom, or as much as possible, comes out.
3. Ask your client to give you some space so that you're able to move around freely. While they're getting off you or moving away, take the time to take three deep breaths and clear your mind.
4. Check in with your client to see if they are freaking out because you'll want to calm them down as soon as possible to stop them escalating.
5. You and your client should pee to clear and flush away any bodily fluids that may be near your or your client's urethra. Tell your client to have a shower to wash their genital area. If

- your client is a male and he's not circumcised, he should pay particular attention to underneath his foreskin.
6. When they go into the bathroom, just be still if you need to and compose yourself.
 7. Put a towel on the floor, squat over the towel, bear down and squeeze your vaginal muscles or bear down on your anal muscles to try and push out any semen or pieces of condom that may have broken off inside you. Coughing and sneezing is also a good way to push things out of your vagina and butt.
 8. As gross as this sounds, get the broken condom and put it down flat on the towel and reassemble it to see if any of the condom has broken off and is still inside you. Sometimes condoms don't just split, they can break up into several pieces, so reassemble it like a jigsaw puzzle to make sure it's all out.
 9. When you hear the client turn off the shower, pick up the towel and prepare yourself to have an STI discussion with your client if they need it.
 10. If your client comes out of the bathroom and wants to continue having sex, let them know that's not an option. If there is any semen or condom left inside you, it may push it further up into your vagina or anus. Friction from having sex can also cause micro-tears in your vagina or butt, so you don't want to risk that happening with his cum inside you.
 11. As soon as you can, get to a toilet and keep bearing down and squeezing your muscles to try and expel any cum. For women with a broken condom in their vagina, urinating is also a good idea at this stage.

12. If there is any broken condom inside you, or the condom has slipped off and you cannot squeeze it out, try and get to a doctor or sexual health service ASAP. Using your fingers to get a condom out should be your very last choice and you need to be REALLY careful not to scratch yourself if you decide to dig around inside your butt or vagina. If you do decide to use your fingers, try to put on a few sets of gloves so that your fingers aren't as scratchy, especially if you have long fingernails.

“If you have a broken or slipped condom, the most important thing is to remain calm.”

What NOT to do if a condom breaks or slips off inside your vagina or butt

Don't try and scoop the cum out of your vagina or butt with your fingers because you may scratch yourself inside, which will increase the chances of an infection occurring.

Don't douche because the water you push into your vagina or butt to try and flush the cum out will just push it further up. Douching also strips the mucous lining of your vagina or butt and upsets your body's natural defence system. It can also create micro-tears, which cum can enter and make STI transmission easier.

Don't have a bath because the water that enters your vagina or butt can push the cum further up.

Emergency contraception

If you're not using a contraceptive other than the condom, seriously consider taking emergency contraception. It can be taken up to five days after the incident, but the sooner you take it the more effective it is. Most sexual health services provide it and you don't need a prescription to get it over the counter at the chemist. It can make your period irregular for your next few cycles. Be sure to read the medicine pamphlet on the inside of the box and have a chat to the people at the sexual health service or your chemist to find out when and how to take it, how it works and any

side-effects you should look out for. The pill does not provide any protection from any STI.

“Try not to scoop, douche or have a bath because this will push the cum further up into your body.”

PEP

If you go to a sexual health service, they will be able to talk to you about PEP (Post Exposure Prophylaxis), which is a treatment (medication) that MAY prevent HIV infection. It is available to anyone who thinks they may have been exposed to HIV.

Like emergency contraception, it needs to be taken within 72 hours, and it is recommended you take it as soon as possible.

PEP can only be prescribed by a limited number of GPs or major hospital Accident and Emergency doctor and we recommend you go to one of the sexual health services listed in the referral section at the end of this fact sheet if you are interested in taking it or want to discuss it further.

Dealing with your client

It's really a situation in which to remain calm and in control at all times, so don't panic. It's also one of the rare times where it's alright to turn to a client and say “Actually this is very scary for me too, so please have a shower while I look after myself and we can discuss this further when you get out”. Always put yourself first if this ever happens to you, and when you're in control and comfortable explain to your client that Australian sex workers have the best sexual health of anyone in the community and you have STI screening so the risks to them are very low.

You can also refer your client to a sexual health service for STI screening if he/she is concerned and would like to have a check-up. It's a good idea to explain the way they work and what he/she can expect if he/ she chooses to go to one so that he/she feels more confident in doing it. Giving someone information makes them feel calmer and more in control.

What can cause a condom to break or slip off?

- opening the packaging of the condom with your teeth or a sharp object and accidentally ripping or tearing it
- not putting the condom on properly
- using oil-based lubricants
- getting oil-based massage oil on the condom, which can happen if you do a massage and body slide and then get the oil on the condom
- bonking hard and fast for a long period of time
- not using enough lube
- using too much lube
- not holding the rim of the condom while the penis is being withdrawn (you can also check it while you're fucking to make sure it's still there) • using more than one condom at a time—if you use two condoms at once or use a male condom and a femidom, the friction of the latex rubbing up will cause the condom to burst
- using expired condoms
- storing condoms in a hot or sunny place, which can cause the latex to deteriorate or disintegrate
- not using a condom that fits the penis properly—if you use one that is too small, it may stretch and be more likely to burst, or it may not go all the way to the base of the penis causing it to slip off. If the condom is too large, then there is the potential for it to slip off.
- Client breaks it or pulls it off deliberately

“It is important to put yourself first if condom breakage or slippage happens to you. When you are in control and comfortable, you can talk to your client about STI screening and what they could do to take care of their sexual health.”

STIs

When you go to your sexual health service for PEP or for your next STI screening, if you tell them you have had a condom break or slip off they might ask you for the following information, but if you don't have it don't let them put you off asking for a full set of tests

- are they an injecting drug user?
- do you know if they are HIV+?
- are they having sex with men?
- did they ask you to have sex without a condom?
- do they have sex with lots of people, or are they a 50 year old boring accountant?
- how old are they?
- do they travel a lot and get tattoos, etc.?

These are the sorts of things that could indicate that there may be a higher risk of your client having an STI and they are based on statistical evidence.

Sexual health services will be able to test you for gonorrhoea within 2–3 days of the breakage if you have symptoms, but if you are asymptomatic they cannot take tests for two weeks. It is advisable to attend your sexual health service or doctor for repeat screening of STIs two weeks after the incident and then again in 3 and 6 months time. If you're taking PEP, they will give you different dates and timeframes they'd like to see you for blood tests.

Over the week and up to 4 weeks after you have the breakage or slippage, be aware of any itchiness, scratchiness, lumps, bumps or discharge, as this may indicate an STI or could also indicate that some of the condom is still caught inside you and needs to be removed. The most important thing to remember with a condom slipping or breaking is that it's not your fault.

Accidents do happen and it's always possible that the condom could have been damaged sometime during or after production while it was still in the factory.

Places that prescribe PEP and places you can go for sexual health checks

Remember to call ahead first and make an appointment if possible! Sexual health services and doctors' surgeries may have limited opening hours and not be open on weekends. If it's a weekend or late at night and you can't access or call one of these services, you'll have to go to an A&E centre (hospital).

If you do go to an A&E centre, you may need to request a letter or copies of your information to give to the sexual health clinic or GP of your choice for follow-up appointments. Respect Inc. has a fact sheet dedicated to PEP. You can get this by calling Respect Inc. and asking for a copy. You can also download it from the Respect Inc. website.

<http://www.respectqld.org.au>

Places to go if you need a sexual health check or want to discuss medical issues further

Sexual health & HIV clinics

AIDS Medical Unit Brisbane

07 3837 5622 (existing client or your partners is, only)

Bamaga Sexual Health Clinic

07 4090 4219

Brisbane Sexual Health Clinic

07 3837 5611

Bundaberg Health Clinic (Q Clinic)

07 4150 2754

Cairns Sexual Health Clinic (The Dolls House)

07 4050 6205

Cape York Health Service District Program

07 4082 3651

Gold Coast Sexual Health Service (Miami)

07 5576 9033

Ipswich Sexual Health Service (S.H.op101)

07 3817 2428

Mackay Sexual Health and Sexual Assault Service

07 4968 3919

Mt Isa Sexual Health Services

07 4744 4805

Palm Island Sexual Health Service

07 4752 5100

Redcliffe/Caboolture Sexual Health and HIV Service

07 3897 6300

Rockhampton Sexual Health and HIV Service

07 4920 5555

Sunshine Coast – Wide Bay Sexual Health & HIV Service

07 5470 5244

Thursday Island – Men's and Women's Health

07 4069 0413

Toowoomba (Kobi House)

07 4616 6446

Townsville Sexual Health Unit

07 4778 9600

Weipa Sexual Health Program

07 4090 6206

Wolloongabba Princess Alexandra Sexual Health (PASH or PA)

07 3240 5881

Disclaimer:

All material in this fact sheet is provided for your information only and may not be construed as legal, medical or health advice or instruction.

Respect Inc contacts:

Brisbane Office

28 Mein Street

Spring Hill QLD 4000

07 3835 1111 (phone)

07 3835 1122 (fax)

Gold Coast

4 Bay Street

Southport QLD 4215

07 5657 0857 (phone)

07 5564 0929 (fax)

Cairns Office

7/24 Florence Street

Cairns City QLD 4870

07 4051 5009 (phone)

07 4051 0009 (fax)

Townsville Office

118a Charters Towers Road

Hermit Park Townsville QLD 4812

07 4724 4853 (phone)

07 4724 1122 (fax)

www.respectqld.org.au

info@respectqld.org.au