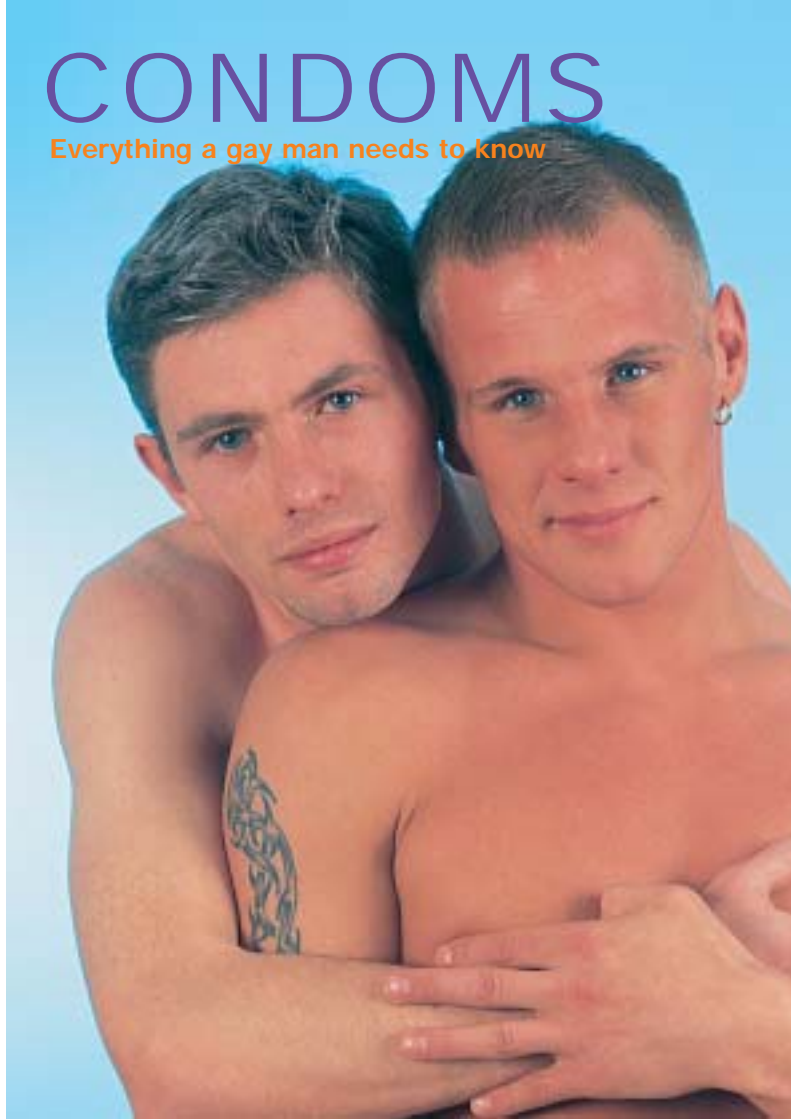


CONDOMS

Everything a gay man needs to know



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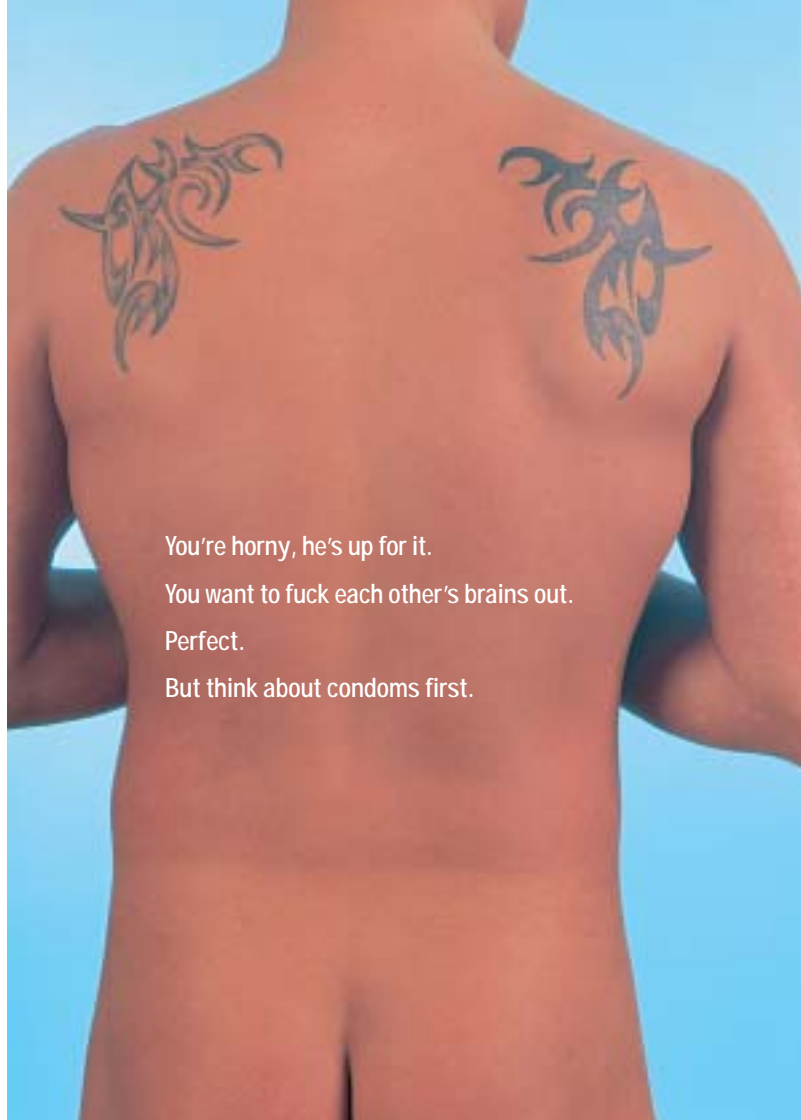


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You're horny, he's up for it.

You want to fuck each other's brains out.

Perfect.

But think about condoms first.

GAY MEN IN THE UK HAVE BEEN USING CONDOMS FOR MORE THAN 15 YEARS

Gay men in the UK have been using condoms for more than 15 years.

Ever since the arrival of HIV.

We're all expected to use them for anal sex to protect ourselves and protect our partners. And we're all expected to know exactly where to find them and exactly how to use them.

But nobody teaches us. In school sex education classes, we're lucky if they mention gay sex at all. So a lesson on using condoms for anal sex is maybe too much to ask for.

This booklet aims to fill some of those gaps and answer some questions you might have.

- What sort should I use and where can I get them?
- Where can I get them cheap – or even for free?
- How do I use condoms properly?
- What if they split? Am I doing something wrong?
- What sort of lube should I use? Where do I get it from?
- And why exactly am I using them? ■





When you use condoms for anal sex, you are protecting yourself and your partner from HIV.

STOP HIV

CONDOMS

Condoms stop HIV

HIV is the virus which can cause AIDS. It is found in some body fluids such as blood, cum and precum.

Fucking is the easiest way for HIV to pass from one gay man to another. If you fuck without using a condom, you could pick up the virus or pass it on.

Condoms stop HIV by creating a barrier round the cock. So if you or your partner has HIV, the virus can't get through.

Getting fucked up the arse without a condom puts you most at risk. Your partner's cum or precum will come into contact with the sensitive membranes inside your anus.

If you fuck someone else without a condom, there is also a risk. It is a much lower risk than being fucked. But the virus inside your partner's anus could come into contact with membranes on your penis.

In London about one in ten gay men is infected with HIV. This is known as being HIV positive. In the UK there are almost 20,000 gay men who are HIV positive. Not all of them know they have the virus.

Every year about 1000 gay men in London get the virus – from having unprotected anal sex. ■

IF YOU'RE POSITIVE OR NEGATIVE

If you're positive or negative

If you're HIV positive, not using condoms when you fuck or get fucked means you can transmit HIV to your partner.

If your partner is negative, you could infect a new person with HIV.

If your partner is positive, you could be infecting him or he could be infecting you with a different strain of the virus. And the new strain of the virus might be resistant to some of the drugs used to treat HIV.

Using condoms protects you and your partner from HIV and also other sexually transmitted infections

If you're HIV negative and you don't use condoms, you may be putting yourself at risk.

If your partner is positive, then you can be infected with HIV.

If your partner is negative, there is no risk of HIV. But you could still pick up or pass on other sexually transmitted infections.

Whether you are negative or positive or don't know, do him and yourself a favour. Use a condom.

Remember that in most cases you can't be sure if the other guy is positive or negative. ■



USING CONDOMS

the step-by-step guide

Check the packaging isn't split or damaged. If it is, get a fresh one. And don't forget to check the use-by date.

Most condom packaging has a jagged edge, which makes it easier to open. Push the condom away from the corner where you're tearing. It can be fiddly work, especially if you've got lube all over your hands.

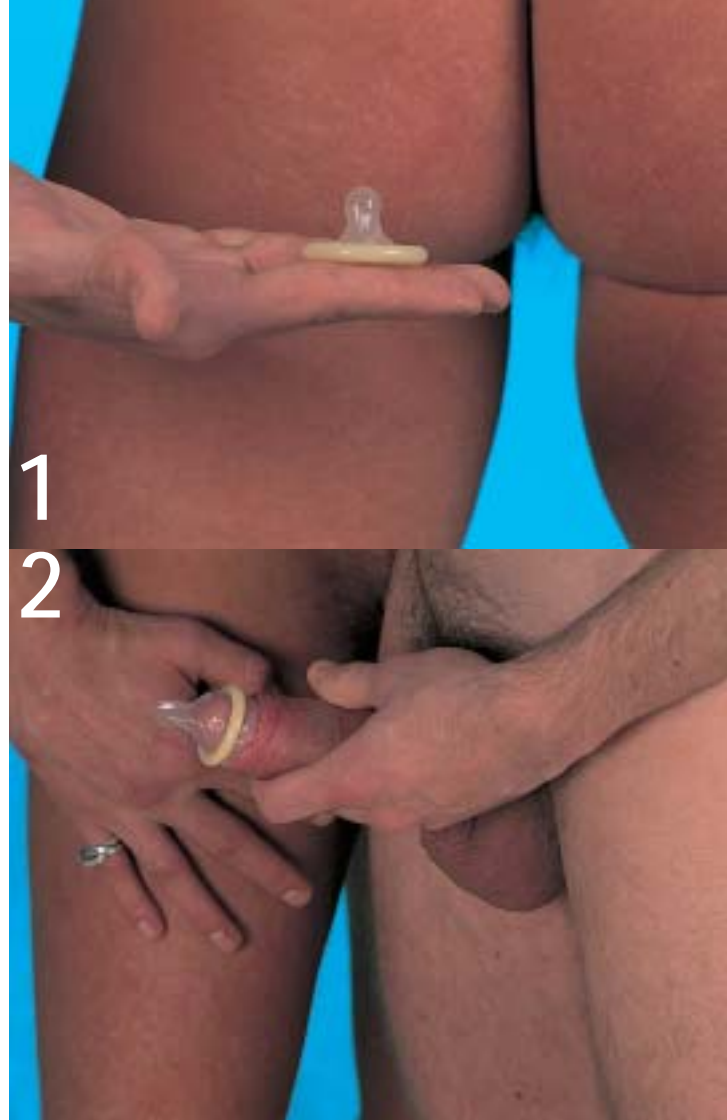
It's best not to use your teeth or a sharp object to open the packet. You might damage the condom.

Once you've got the condom out of the packet put it on the end of your cock (or on his, if he's fucking you) with the tip pointing up through the rubber ring.

It should look a bit like a woolly hat at this stage. Be careful you don't have it inside out.

Hold the teat or the tip of the condom between your fingers to squeeze the air out of it, while you unroll it down your cock. This keeps a space at the top for the cum.

Beware of putting lube inside the condom. Some men smear a very small dab of lube on the head of their cock so the condom goes on more comfortably. If you're doing this, be careful. It's best not to do it. Lube inside the condom might make it slip off during sex. So if you've been wanking with lube beforehand, wipe your cock dry. >





USING the guide by step

Using condoms: *the step-by-step guide II*

Gently unroll the condom right down to the base of the shaft of your cock. This helps stop it rolling back up again while you fuck.

Don't unroll the condom before you put it on. It will make it harder to get it on. And you're likely to pull and stretch it.

Be careful you don't damage the condom with your nails.

Never put one condom on top of another. Using two condoms at the same time doesn't give you twice the protection. In fact, the friction between the two could make them break.

Now it's time to lube the condom.

Use a lubricant that's recommended for use with condoms (see page 24-25). Use plenty of lube. As much as you like. And lube down the full length of the condom on your cock, not just around the top.

The guy who's getting fucked needs a lube job too.

If you're getting fucked you need to be lubed in and around your asshole. Use as much as you like. Do it yourself or get him to do it.

Once that's done, you can both get down to a good, safe fuck.

>

USING CONDOMS

Using condoms: *the step-by-step guide III*

Adding more lube when you need it. While you're fucking, you may find the lube drying out. Or you just feel you want more. If you have lube handy in a pump dispenser, it's easy to add more when you need it.

One single condom won't last you all night. If you're both up for a long hard fuck you need to use a new condom every half hour or so. Otherwise, it may wear out – even if you don't! Remember to use more lube with each new condom too.

However horny things get, it's worth checking everything's OK now and then. Condoms can split or slip off sometimes. You might feel it if it does. But it's best to make sure by taking a look.

Once you've cum, it's best pull out of him before you lose your erection. Otherwise cum might dribble out of the condom. Hold the condom securely at the base of your cock when you pull out. This will stop it getting stuck in his arse and stop cum from leaking out.

Once you've used it, throw it away. You can't reuse condoms. Wrap it in a tissue and bin it. Don't flush it down the loo. If you use condoms in cruising grounds or backrooms, be considerate about how you get rid of them.

>



Sometimes condoms split or slip off. If you did have problems, check this list:

Did something go wrong?

Did the condom slip off?

- **Did you put lube inside the condom?**
It's best not to do this.
- **Were you wanking with lube before putting the condom on?**
Wipe your cock dry before putting the condom on.
- **Did you lose your hard on?**
Don't try to fuck him until you're hard again. Get him to do something that really turns you on.
- **Did the condom roll back up your cock?**
Next time make sure you unroll it all the way down before you start.
- **Was the condom too big for your cock?**
Maybe the type of condom you're using isn't right for you. Check out the gay shops, chemists and the Internet for different brands. Try alternatives until you get a better fit. Or ask for advice at your sexual health clinic.
- **Was the condom too small for your cock?**
You can get bigger condoms at some gay sex shops or on the Internet. (See page 22-23).

DID SOMETHING GO WRONG?

Did the condom split?

- **Did you check things out every now and then to be sure it was all OK?**
- **Was there enough lube?**
Use plenty of lube all down the cock of the guy who's fucking and in and around the arsehole of the guy getting fucked.
- **Did you use the wrong kind of lube?**
Check the one you use is condom-safe (see pages 24-25).
- **Did you change the condom every half hour or so?**
Remember, they don't last forever.
- **Do you enjoy a hard, rough fuck?**
If you fuck hard, the condom may not last so long. Use more lube.

Did the condom get stuck inside him?

- Once you've cum, it's best to pull out before you lose your hard-on.

These are the most common things that can go wrong. But there is a small chance a condom might break for no obvious reason. If it does happen, get a new one and start again.

IF YOU'VE BEEN FUCKING OR GETTING FUCKED WITHOUT CONDOMS...

... it's never too late to just stop and think about it.

Maybe you got a bit carried away once or twice.

Got pissed or trashed, picked up someone gorgeous and didn't use a condom.

Maybe he said he'd use a condom but didn't.

Maybe you planned to use one, but something got the better of you.

Maybe you found it difficult to mention condoms.

Don't panic. It's probably not the end of the world. By no means every unprotected fuck passes on HIV even if the other guy is positive. So you may not have been infected or reinfected.

But that doesn't mean you'll always be lucky. So don't push your luck. Start using condoms again.

Whenever you fuck, don't assume the other guy will tell you if he's positive or negative.

A guy who wants to fuck without condoms may be HIV positive. He might assume you're positive too.

If you're positive, don't assume a guy is positive too. He might think he's negative and think only HIV negative guys would fuck without condoms.

If you do fuck without condoms, you can reduce the risk of HIV if the guy who's fucking doesn't cum inside the guy who's getting fucked.





WORLD OF RUBBER

If you're fucking, you're best off using extra-strong condoms. Because they're tougher, they're generally reckoned to give added protection for fucking or being fucked in the arse.

The best-known extra-strong condoms are

- Condomi Strong,
- Durex Ultra Strong,
- Mates Super Strong,
- Safex Forte (formerly called Safeguard Forte),
- Pasante Extra Strong
- Boys' Own
- and HT Specials

Shop around until you find the one that's right for you.

And if you ever find yourself with just an ordinary condom, do use it with lots of lube. It's better than not using one.

Some research suggests that ordinary condoms used properly with lots of lube may be just as good as strong ones. But most gay health experts think that more research is needed.

Check the condoms you use have a CE mark and a British standards kitemark so you know they are up to scratch.

But don't use condoms which have spermicide on them. This can irritate the inside of your arse.



WORLD OF RUBBER II

World of Rubber II

If you have a large penis you might want to experiment with

- Max Xtra Large condoms (on sale in the gay shop Clone Zone)
- Condomi XXL
- Pasante Extra Large
- Durex Comfort
- Durex Avanti
- Okeido (produced by RFSU).

If you have a small cock, try

- Pasante Trim
- Mamba (produced by RFSU)

None of these is extra-strong. So be careful to use them properly and use lots of lube.

Really big condoms include

- Trojan Magnum
- Trojan Magnum XL

but these are only sold through American websites.

You could also experiment with Femidoms.

If your cock gets red and sore after using condoms, you may be allergic to latex. If so, try the Durex Avanti condom which is made of polyurethane.

Be kind to your condoms. They're not indestructible.

All condoms carry a use-by date on the pack but that date depends on you treating them with a bit of respect.

Keeping them handy by the bedside is a great idea. But don't let them fry under a hot lamp. They won't last as long. ■



CHOOSING THE RIGHT LUBE

Choosing the right lube

Make sure the lube you choose is designed to be used with condoms. It should be

- water-based or
- silicone-based.

And it will probably say on the packaging that it's

- condom-safe
- condom-friendly
- latex-safe.

Ask in the shop if you're not sure.

Anything oil-based or with oil in it – like butter, olive oil, lard, massage oil, moisturiser, suntan lotion – is a no-no, because oil weakens the rubber.

You can buy water-based lubes like KY in chemists, Superdrug, and even in supermarkets.

The most popular water-based lube sold in gay shops is Liquid Silk, with ID Glide at number two.

Other water-based lubes include:

- Durex Top Gel
- Maximus
- Wet
- Wet Light
- Wet Stuff
- X Lube (from the gay shop Expectations)
- J Lube
- and TLC.



Silicone-based lube is a bit more expensive but it doesn't dry out so quickly. And you don't have to use so much.

But it doesn't wash off your hands, your cock, your arse or your sheets as easily as the water-based stuff.

Silicone-based lubes include:

- Eros Body Glide
- Eros Light Love
- ID Millennium
- and Probe.

FISTING, DILDOS AND DOUCHING

Fisting, dildos and douching

It's best not to get fucked after you've been fisted or after you've been fucked with a heavy dildo. The lining of your arse may be damaged.

But if you do get fucked, using a condom is all the more important.

And here's a word of warning about lubes for fisting. Not all of them are safe with condoms.

Some fisting lube could still be inside your arse and might weaken the condom. Even if you use a condom-friendly lube on the condom.

Lubrifist, Elbow Grease Gel, J Lube and Probe are OK with condoms. Though some men say they're not ideal for fisting.

The most popular fisting lubes – Crisco, Elbow Grease Cream, White Flora – are oil-based, so they are not safe with condoms. And Elbow Grease products contain nonoxynol-9 spermicide which is not recommended for gay men as it can irritate the anus.

Read the label on your lube container to find out what you're using.

If you share sex toys like butt plugs and dildos, it's safe to do so. So long as you change the condom on them before using them on someone else.

If you like to douche before you get fucked, using a condom afterwards is even more important, because douching can irritate the lining of your arse. Douche with water by itself, not soap or any other detergent. ■





HOW SAFE IS SUCKING COCK?

How safe is sucking cock?

Sucking cock is much, much less risky than being fucked without a condom. But one thing is clear: you can get HIV from sucking cock.

One London HIV doctor says that, in the year 2000, 40 gay men in the UK got HIV from oral sex. Put that in perspective. That's 40 men out of millions of men sucking millions of cocks. Meanwhile 1300 gay men get HIV from fucking every year.

But remember, the more men you suck, the more chance of exposing yourself to HIV.

Can I make sucking safer?

Some guys prefer to use condoms for oral sex. That's where the flavoured ones come in handy. If you don't use condoms, there are some simple things you can do to cut down the risk.

- Don't let him cum in your mouth.
- Don't suck if you've bitten the inside of your mouth.
- Don't suck if you've got mouth ulcers, sore or bleeding gums or if you've had dental treatment.
- Leave it out if you've got a sore throat, too.
- And don't brush or floss your teeth just before oral sex. Mouthwashes are probably best avoided too, as they may destroy the substances in your mouth which can protect against HIV. If you're worried about your breath, rub toothpaste around your mouth or suck a mint.

The chance of getting HIV from being sucked off is almost nil. ■

Cruising

and holidays

Cruising, sex bars and holidays

If you're going out cruising in the park or cottaging in public toilets... be sure to take condoms and lube with you.

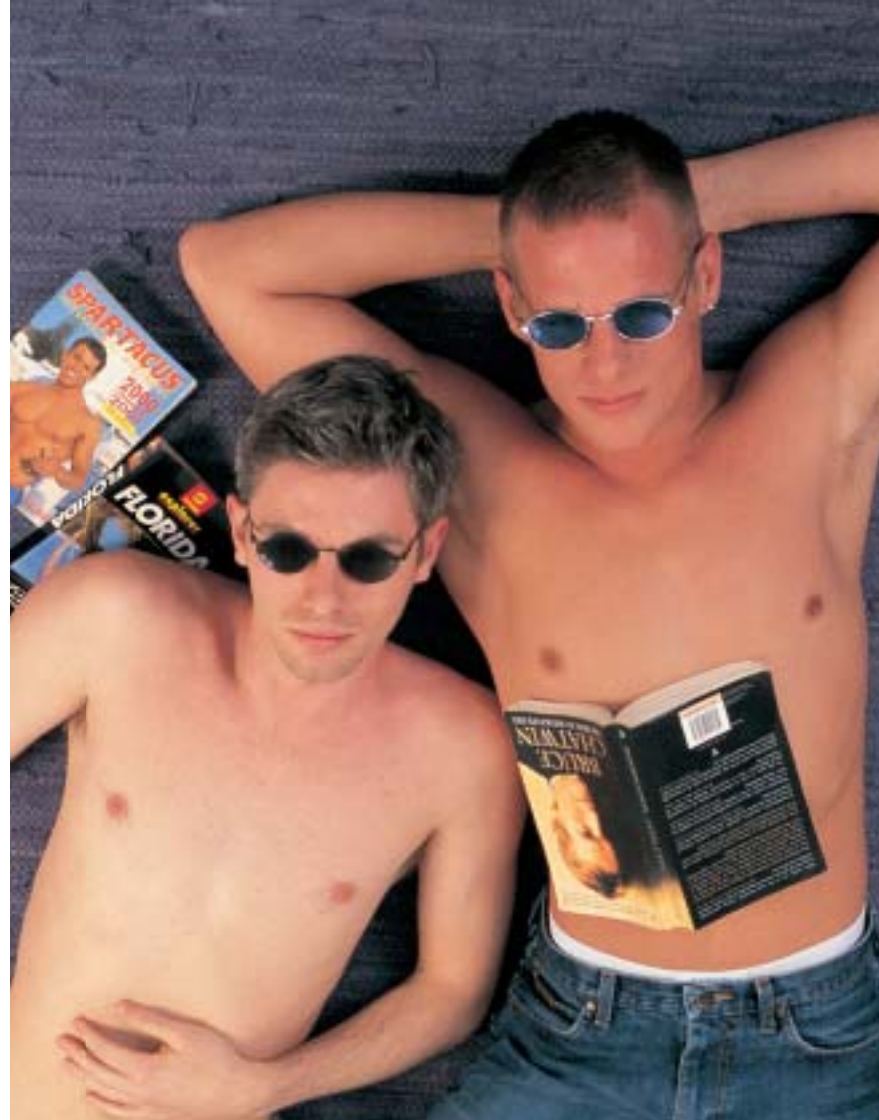
You may not think you need them. But you never know what will happen once you get horny.

You're not likely to find someone there giving them away free. And the other guy may have forgotten his condoms too.

If you're going to a sex bar or a sauna... you should be able to find free condoms and lube there. But the free ones do run out sometimes, so take a few of your own just in case.

When you go into the backroom, pick up some condoms and lube. Once you get horny you won't want to stop the action to go back to the free pile of condoms by the door.

If you're going abroad on holiday... don't forget to take your own condoms and lube with you. Freebies aren't always as easy to get hold of as they are in London. Even if they are, they may not be the type you're used to. ■





SAFER SEX AND DRUGS

Safer sex on drink and drugs

Being pissed or trashed on drugs sometimes makes it harder to be as safe as you'd like. A bit of preparation before you go out will go a long way.

Check you've got condoms and lube with you before you go out. And leave some lying around at home. If you bring someone back, you'll be able to find the condoms, however trashed you are.

Bear in mind that drugs can alter your perception of reality. It might be harder to insist on the type of sex you want.

Many drugs make you feel less pain, so you may be more sexually aggressive. And you might damage yourself or your condoms more easily. Keep checking while you're fucking.

Hot clubs and drugs dry you out – including your arse. If you're fucking afterwards, use extra lube.

If you're on drugs, the sex might be better if you're not too trashed. It's the same with alcohol. A little loosens you up. But too much will make your cock droop.

Want to know more? Check out **Highs and Lows** – a free booklet for gay men, available in gay bars. Or call 020 7530 3992 to get a copy. ■



MEN

Men in steady relationships

RELATIONSHIPS

Lots of men in steady relationships use condoms with their boyfriend. But some couples want to stop using them. They feel the condoms spoil the intimacy of their relationship. And they reckon they can trust each other.

If you both want to stop using condoms with each other, you need to talk about it and make an agreement. And it has to be one you will both stick with.

There are two basics.

Firstly, you need to know each other's HIV status. That means having an HIV test.

Then, secondly, if you do decide to stop using condoms, you must not have any condomless fucks outside the relationship. Otherwise, you're putting each other at risk.

Trust is important. So you need to take your agreement seriously. Be sure it's something you can live with.

If you want to know more about agreements, get a copy of **Agreements in Relationships**. It's a free booklet for gay couples – available in gay bars. Or call 020 7530 3992 to get a copy. ■

WHERE TO GET FREE CONDOMS

Where to get free condoms and lube

Condoms for free in gay venues

You can get Freedoms packs of free condoms and lube over the counter in most gay bars, clubs, saunas and gyms in London.

Don't take more Freedoms packs than you need. They are there for when you really need condoms in a hurry. But the supply is not unlimited.

Places with backrooms or saunas often have tubs of condoms and sachets of lube right where the action is.

Other places to get free condoms

You can get free condoms from

- sexual health clinics – see the listings on page 46
- HIV treatment centres
- family planning clinics (you don't have to say you're gay) – find your nearest clinic on the Family Planning Association's website at www.fpa.org.uk or call 0845 310 1334 (Monday-Friday 9am-7pm)
- doctors' surgeries
- health centres.

The condoms they offer won't necessarily be extra-strong, unless you ask for them.



You should also be able to get free extra-strong condoms as well as lube from:

- gay youth groups
- gay support groups
- gay social groups
- gay drop-in centres
- HIV/AIDS organisations
- HIV/AIDS drop-in centres
- HIV/AIDS support groups.

These organisations get their condoms from their local health promotion service. ■

WHERE TO BUY CONDOMS

Where to buy condoms

You can buy extra-strong condoms and condom-friendly lube in chemists like Boots and Superdrug. Shop around if money is tight. They may be cheaper in some shops than in others.

Supermarkets and garages sell condoms too, but it's best to use extra-strong ones, so check before you buy.

You can get extra-strong condoms, extra-large condoms and different types of lube at gay stores. These include Clone Zone, Expectations, Prowler, Regulation and RoB London (see listings on page 41).

Freedoms, London's free condom scheme, now also sells boxes of 25 or 50 Condomi extra-strong condoms with a bottle of Eros Bodyglide silicone-based lube at exceptionally good prices. The boxes are available in some gay shops, bars and clubs or online at www.freedoms.org.uk.

Elsewhere online, there are lots of sites selling all sorts of different condoms and lubes. Prices vary enormously. But the cheapest sites are:

- www.bigboycondoms.co.uk
- www.postalcondoms.co.uk
- www.condomcare.co.uk
- www.safex.co.uk
- www.expectations.co.uk



Some pubs have condom vending machines. But mostly they're joke condoms which are not suitable for gay fucking.

If you need to find a 24-hour pharmacy, call NHS Direct on 0845 4647 or visit their website at www.nhsdirect.nhs.uk

Where to buy lube

The easiest suitable lube to find in the shops is KY. Boots, Superdrug and chemists will have it.

If you want a bigger selection of safe lubes, try the gay shops or shop online. ■



GAY SHOPS IN LONDON

Gay shops in London

Clone Zone

64 Old Compton Street
Soho W1
Tel: 020 7287 3530

266 Old Brompton Road
Earl's Court SW5
Tel: 020 7373 0598
www.clonezonedirect.co.uk

Expectations

75 Great Eastern Street
Shoreditch EC2
Tel: 020 7739 0292
www.expectations.co.uk

Prowler

3-7 Brewer Street
Soho W1
Tel: 020 7734 4031

283 Camden High Street
Camden NW1
Tel: 020 7284 0537
(formerly Zipperstore)
www.prowlerdirect.co.uk

Regulation

17A St Albans Place
Islington Green N1
Tel: 020 7226 0665.
www.regulation-ltd.co.uk

RoB London

24-25 Wells Street
Soho W1
Tel: 020 7735 7893
www.rob.nl

Want more information about condoms and safer sex...

...on the web

The website of Freedoms, London's free condom service for gay men – www.freedoms.org.uk

The official website of the London Gay Men's HIV Prevention Partnership – www.metromate.org.uk

The Terrence Higgins Trust's website – www.tht.org.uk

GMFA's website – www.demon.co.uk/gmfa

The European young gay men's website – www.eurogayway.org

www.youchoose.org.uk – the website from the Victoria Clinic for Sexual Health all about taking an HIV test

Healthy Gay Scotland's website – www.hgscotland.org.uk

The National AIDS Manual's website – www.aidsmap.com

...on the phone

Terrence Higgins Trust
Helpline: 020 7242 1010

THT Direct: 0845 1221 200

National AIDS Helpline: 0800 567 123



IF YOU NEED ADVICE ABOUT CONDOMS AND SAFER SEX...

If you are having problems sticking to condoms and you would like to talk it through with a friendly expert or with other gay men:

- speak to a sexual health adviser at your sexual health clinic or HIV treatment centre
- ring the Terrence Higgins Trust's Helpline on 020 7242 1010
- look out for the adverts for the regular group discussion sessions run by GMFA or PACE
- speak to the outreach workers from CLASH and HGLC when you see them with their display stands in the bars and clubs
- or speak to a counsellor. The Terrence Higgins Trust, PACE or the Healthy Gay Living Centre will all be able to offer or recommend one. London Friend (020 7837 3337) and the East London Out Project (020 8558 0551) can also offer counselling. Blackliners (020 7738 7468/5274) offers free counselling to black gay men.

Blackliners

020 7738 7468/5274
www.blackliners.org

Central London Action on Street Health (CLASH)

Gay Venues Outreach Team
11 Warwick Street W1
020 7734 1794

East London Out Project (ELOP)

58-60 Grove Road E17
020 8509 3898

Gay Men Fighting AIDS (GMFA)

Unit 43, Eurolink Centre
49 Effra Road SW2
020 7738 6872
www.demon.co.uk/gmfa

Healthy Gay Living Centre (HGLC)

40 Borough High Street SE1
020 7407 3550

London Friend

86 Caledonian Road N1
020 7837 3337 (helpline daily, 7.30-10pm)

PACE (Project for Advice Counselling and Education)

34 Hartham Road N7
020 7700 1323
www.pacehealth.org.uk

Terrence Higgins Trust

52-54 Gray's Inn Rd WC1
Helpline 020 7242 1010 (noon-10pm daily)
THT sexual health counselling service 020 7835 1495
www.tht.org.uk

SEXUAL HEALTH CLINICS

Sexual Health Clinics

Advice on sexual health as well as checkups for all sexually transmitted infections and tests for HIV are available from all sexual health (GUM) clinics. Some clinics have walk-in sessions, but it is usually necessary to make an appointment. For more details of sexual health clinics and same-day HIV testing centres in London visit www.freedoms.org.uk. For clinics outside London visit www.lovelife.uk.com.

Clinics in London include:

Acton

Patrick Clements Clinic
020 8453 2221

Archway/Highgate N19

Archway Sexual
Health Clinic
020 7530 5800

Barking

Sydenham Centre
GUM Dept
020 8924 6250

Barnet

Clare Simpson House Clinic
020 8216 4110

Beckenham

Beckenham Hospital
GUM Dept
020 8289 6622/3

Camberwell SE5

The Caldecot Centre
020 7346 3453

Central London WC1

Mortimer Market Centre
020 7530 5050

Central London SE1

The Lydia Clinic
020 7955 2108

Chelsea SW10

John Hunter Clinic
020 8846 6154/6171

City EC1

Bart's Sexual Health Clinic
020 7601 8090

Croydon

Mayday University
Hospital GUM Dept
020 8401 3002

Enfield

Town Clinic
020 8370 2550

Hammersmith W6

West London Centre
for Sexual Health
020 8846 1567

Hampstead NW3

Marlborough Clinic
020 7830 2047

Harringay/Tottenham N15

St Ann's Sexual Health Clinic
020 8442 6536

Harrow

Northwick Park Hospital
GUM Dept
020 8869 3142/3239

Homerton E9

Homerton Hospital Sexual
Health Dept
020 8510 7989

Isleworth

West Middlesex Hospital
Sexual Health Clinic
020 8565 5718

Kingston-upon-Thames

Wolverton Centre for
Sexual Health
020 8974 9331

Lewisham SE13

Alexis Clinic
020 8333 3216

Leytonstone E11

Whipps Cross Hospital
Dept of Sexual Health
020 8535 6535

London Bridge SE1

The Lloyd Clinic
020 7955 2108

Paddington W2

Jefferiss Wing
020 7886 1225

Plaistow/Newham E13

Newham General Hospital
Dept of Sexual Health
020 7363 8146/8939

Roehampton SW15

Roehampton Clinic
020 8355 2077/2470

Romford

Oldchurch Hospital
GUM Department
01708 708358

Southall

Ealing Hospital
GUM Department
020 8967 5555

Sutton/Carshalton

St Helier Medical
GUM Department
020 8296 2176

GAY MEN'S SEXUAL HEALTH CLINICS

Specialist gay-only sessions:

Axis Clinic

(men aged 26 and under)
Thursdays 7pm-9pm
Mortimer Market Centre
Capper Street WC1
020 7530 5050
(Thursday evening
020 7530 5061)

Tooting SW17

GU Medicine
020 8725 3353

Uxbridge

Tudor Wing Sexual
Health Centre
01895 279537

Victoria SW1

Victoria Clinic
020 8746 8066/8700

Whitechapel E1

Ambrose King Centre
020 7377 7306/07

Woolwich SE18

Trafalgar Clinic
020 8836 5767/8

Pond Street Clinic

Tuesdays 4pm-6pm
appointments only
Marlborough Clinic
Royal Free Hospital
Pond Street
Hampstead NW3
020 7830 2047

After Five

Tuesdays 5pm-7.30pm,
Lloyd Clinic
(Guy's Hospital)
Thomas Guy House
St Thomas Street
London Bridge SE1
020 7955 2108

Rainbow Clinic

Wednesdays 5pm-7.40pm
Caldecot Centre
Kings College Hospital
15-22 Caldecot Road
Camberwell SE5
020 7346 3448

Zone 15

Tuesdays 5.45pm-7.30pm
St Ann's Sexual Health Clinic
St Ann's Hospital
St Ann's Road
Harringay/Tottenham N15
020 8442 6536

East One Clinic

Thursdays 6.45pm-8.30pm
Ambrose King Centre
Royal London Hospital
Whitechapel Road E1
020 7377 7313

Soho Centre for Health

29-30 Soho Square
(entrance on Frith Street)
Soho W1
020 7534 6500
Special evening sessions
for gay men: Tuesday
5.30-9pm – Hepatitis
screening and vaccination
and syphilis screening;
Wednesday 5.30-9pm –
HIV testing, results available
the following Tuesday.

The Victoria Clinic for Sexual Health

82 Vincent Square
Victoria SW1
020 8746 8700
Friday 5.30-9pm –
Hepatitis screening
and vaccination and
syphilis screening.

Working Men Project

Same-day appointments
Monday-Friday for men
who sell sex.
Jefferiss Wing
St Mary's Hospital
Praed Street W2
020 7886 1524
www.wmplondon.org.uk

SAME-DAY HIV TESTING CENTRES

Same-day HIV testing centres

Blood tests for HIV are available at all sexual health clinics. The results are usually available within one week.

But there are also centres which offer a same-day HIV testing service. The service involves taking a blood test in the morning, and the result is available by the end of the afternoon. Same-day testing is by appointment only. You will be offered advice and counselling before you decide to take your test.

If you want more information about testing visit the websites listed on page 42 or call the Terrence Higgins Trust Helpline on 020 7242 1010 (noon to 10pm daily).

Barnet

Claire Simpson House
020 8216 4110
Monday

Chelsea

St Stephen's Centre
020 8846 6171/6154
Tuesday (gay men only)

Ealing

Ealing Hospital
020 8967 5555
Wednesday

Enfield

Town Clinic
020 8370 2550
Monday

Hammersmith

Charing Cross Hospital
020 8846 1577
Tuesday

Hampstead

The Royal Free Hospital
020 7431 0970
Tuesday and Thursday

Harringay/Tottenham

St Ann's Hospital
020 8442 6464
Monday to Friday

Harrow

Northwick Park Hospital
020 8869 3142
Tuesday

Hillingdon

Hillingdon Hospital
01895 279537
Wednesday

London Bridge

Guy's Hospital
020 7955 2108
Monday, Wednesday
and Thursday

Paddington

St Mary's Hospital
020 7886 1225
Tuesday

Sutton

St Helier Hospital
020 8296 2543
Thursday

Tooting

St George's Hospital
020 8725 3140
Monday to Friday

Victoria

Victoria Clinic for
Sexual Health
020 8746 8066
Monday, Tuesday
and Thursday

Whitechapel

Royal London Hospital
020 7377 7311
Monday

Woolwich

Queen Elizabeth Hospital
020 8836 5767
Tuesday and Thursday

clever box



Freedom's box²⁵

25 Condom Strong Condoms
30ml Eros Bodyglide Lube

Freedom's box⁵⁰

50 Condom Strong Condoms
100ml Eros Bodyglide Lube

Freedom's boxes contain the highest quality condoms and the most popular silicone based lube, and they are available at an exceptionally competitive price.

By purchasing your Freedom's box you are supporting the world's largest gay free condom scheme. Freedom's distribute nearly 1.5 million free condoms every year. Help support Freedom's and save money on your regular supply of condoms and lube.

Freedom's boxes and free packs...
supporting your choice to use condoms



For information on where
to buy Freedom's boxes

or call 0207 530 3941