

# sextalk.

answers to your questions about sex and relationships

**factoid**

Same day appointments are available at Campus Health. Call 621-9202.  
An early morning visit is the fastest way to get care when SICK HAPPENS.

**Q.** My boyfriend and I had sex for the first time. It was unplanned and he did not ejaculate, but we were not using a condom (which was a huge mistake – I have always planned on using a condom every single time). I know that pre-ejaculation may cause pregnancy and I'm really scared of the possibility of getting pregnant. What are the chances of that happening? I'm very worried and disappointed that this happened and was just wondering if there was anything I could do to get rid of the pre-ejaculation or something. Please help.

**A.** The bad news is that there is no way to get your boyfriend's pre-ejaculation out of you. It is a myth that douching (rinsing out the vagina with a liquid such as water and vinegar or Coca Cola®) will prevent pregnancy. Douching may actually push sperm up into the uterus faster.

While it's possible to get pregnant from what you and your BF did, the chances are very low. When a guy becomes aroused, the fluid that appears on the tip of the penis may contain sperm. This small amount of fluid doesn't have as many sperm as a full ejaculation but it could have enough of the little swimmers to make a baby. If he had ejaculated inside of you, your chances of pregnancy would have been higher.

What you described is actually a bona fide method of birth control called "withdrawal" (when a guy pulls out before ejaculation). Some people use it successfully as birth control. Withdrawal has a typical user effectiveness rate of about 81% (that means that 81 of 100 couples did not get pregnant by using withdrawal as their only method of birth control for a whole year). That's a grade of a low "B". While you might be content with that grade in your English class, it's not a very good grade as far as contraception methods go. Of course, it is WAY better than nothing. Withdrawal effectiveness rates can go up to an A+ (about 97% for perfect users) when practiced flawlessly during each and every act of intercourse.

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



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