

sextalk.

answers to your questions about sex and relationships

factoid You can buy 100 quality Durex condoms at the Campus Health Pharmacy for just \$12.99

Q. Last night, my boyfriend and I were dry humping. I had a thin pair of underwear on; he did not. He never fully ejaculated, but he did have pre-cum on the tip of his penis.

I am not on birth control and am in the most dangerous part of my menstrual cycle to get pregnant. Is it possible that any of his fluid might have passed through my underwear and gotten me pregnant? I am doubting it but would just like an answer from an expert. I am **SO** worried and worked up about it. Any help would be appreciated.

A. It's smart to be concerned. While the situation you describe is not extremely "high risk" for pregnancy, it's not zero. Thin underwear isn't a foolproof barrier and pre-ejaculatory fluid sometimes contains small amounts of sperm. Pre-cum can soak through underwear, allowing mobile sperm to enter the vagina and swim deeper toward the cervix. It only takes one sperm cell to fertilize an egg.

Since you are not on any birth control and are in the most fertile phase of your cycle (2 weeks before menstruation begins) you might consider taking Plan B (the morning after pill) to reduce your chance of pregnancy and lessen your worry. Emergency contraception is 75-89% effective if taken within 3-5 days of unprotected intercourse (the sooner the better). You can buy it at any pharmacy in town. Campus Health and Planned Parenthood sell Plan B for \$35.

If you are planning on doing more humping with your boyfriend, it's time to think about a reliable and consistent form of birth control. Check out the many options at our website: www.health.arizona.edu.

Q. Is it possible to get pregnant from pre-ejaculate if my boyfriend's penis only went in just a little bit in the opening of my vagina?

A. Yes. See the answer above. While the best conditions for getting pregnant are to have deep penetrating intercourse with ejaculation during the most fertile time of a woman's menstrual cycle, it certainly is possible to conceive after brief contact with pre-ejaculatory fluid.



Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES and David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.

