

sextalk.

answers to your questions about sex and relationships

factoid

92% of UA female students prefer not to have sex on the first date.

(2008 Health & Wellness Survey, n=1,250)

Q. Are those real questions in the column or do you make them up?

A. All the questions answered in the SexTalk column are genuine questions. Questions come from the following sources: 1) by email to sextalk@email.arizona.edu 2) from academic classroom, student group and residence hall presentations, and 3) from phone calls to our health promotion office from students seeking advice on sexual health. Occasionally, we make minor edits for clarity and brevity.

Q. I set an alarm on my phone to make sure that I take my birth control pill at the exact same time everyday. Is it bad if I forget and I take it two hours late?

A. Your medical provider and pharmacist would applaud your compliance and would like to have more patients like you. Any medication is most effective when taken at regular intervals. That said, don't worry excessively if you are a few hours off schedule; there is some "wiggle room". Birth control pills (BCPs) have a fairly long "half-life" – the time in which medication remains active in the body. **Most** women will not get pregnant if they are late on a pill or even if they miss one dose. The impact depends upon when in the pill packet (which week) that you miss a pill.

It is important to take the missed pill as soon as you remember it. Always refer to your pill packet insert for specific instructions about your prescribed medication and take as directed. For more information about what to do if you miss one, two, or more pills in a pack, go to the Campus Health website at www.health.arizona.edu.

Q. Will I be able to get pregnant after I stop taking the pill?

A. Some women are able to conceive immediately after stopping BCPs while others may experience a delay of several months. **On average**, after 2-3 months of discontinuing oral contraceptives, fertility rates are the same for previous users as for women who never used them.

BCPs are a good option for women who want to become pregnant in the future. By preventing causes of infertility such as uterine fibroids, ectopic pregnancies, ovarian cysts, endometrial cancer and possible endometriosis, BCPs may actually improve your future ability to become pregnant.



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

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