

sex talk.

answers to your questions about sex and relationships

wildfact

Free H1N1 Flu shots on Wednesday, Nov. 18th from 10am-2pm on the Mall and 2:30-6pm on north side of PAS building. Eligibility: UA student or staff members 24 years and under; and UA student or staff members 25 and older with high risk health conditions.



I forgot I had my tampon in and had sex. Now I think it's inside me but I'm not sure. What do I do?

A. You need to find it and remove it. And, don't be too embarrassed – your situation isn't as uncommon as you may think. The vagina is an amazingly expandable place. Just think about how a baby can move through there! A tampon will not travel to other internal organs. If it's in there, it can be found.

Here are your options:

1: Look for it yourself. Wash your hands well. The best way to do a "search and rescue" is to stand and put one leg up on a chair or toilet seat to tilt your pelvis into a position that makes it easier to probe with your fingers. Or, try spreading your feet apart and squatting down slightly. Relax and insert two fingers to explore the top/end of your vagina. Don't be shy. It's very normal to touch your own body. You may feel your cervix (the opening of the uterus). Repeat this several times to make sure you haven't missed any areas.

2: If you cannot locate the tampon, then you should go to a health care provider as soon

as possible. You have many choices: Campus Health or Planned Parenthood, an urgent care center, or your own primary care doctor. They will use a speculum, the same instrument used during an annual gynecological exam, to check you. Hopefully, they will easily see if the tampon is in the vestibule around the cervix or just tucked away to where you were unable to reach it. Avoid Emergency Rooms (ERs) if you can. They can be expensive, time consuming, and should be reserved for life-threatening emergencies.

It is very important to make sure a tampon doesn't remain in the vagina too long because of the risk of Toxic Shock Syndrome (TSS). This rare, but life-threatening, bacterial infection can appear suddenly and may include fever, diarrhea, vomiting, and dizziness. To reduce the risk of TSS, tampons should be changed every 4 to 6 hours.

For more info, click on www.cdc.gov and search for Toxic Shock Syndrome.



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

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