

sex talk.

answers to your questions about sex and relationships

wildfact

FREE HIV testing will be available from Pima County Health Department on Wed. Sept. 16th from 11am-3pm in the Center for Student Involvement and Leadership (4th floor of the Student Union). Contact jais@email.arizona.edu for an appointment.

Q

I had sex with my girlfriend 2 weeks ago and I didn't cum in her but I pre-came. She is trying to tell me that she might be pregnant because she has been sick with headaches. I am really stressed out and I was wondering if it's possible that she is pregnant.

A. Your girlfriend should take a pregnancy test right away. While pre-cum doesn't always contain sperm, it is possible to have sufficient amounts to fertilize an egg. Enough time has passed that an accurate result will be available with a home test kit. These tests are quick and easy and can detect HCG (the pregnancy hormone) in the urine just two weeks after ovulation. Pregnancy tests are sold at the Campus Health Pharmacy (\$5.99) or any grocery store or pharmacy.

While headaches *could* be a sign of pregnancy, there are more common indicators of pregnancy that should be considered. The hormonal changes associated with pregnancy cause a variety of changes in a woman's body. Some of the classic signs of pregnancy include delayed start or absence of an expected menstrual period, mood swings, swollen or tender breasts, excessive fatigue, frequent urination, nausea, and bloating. Not every woman will have all of these symptoms, but it is common to have at least one of them.

After you learn the results of your girlfriend's pregnancy test, you'll either feel relief or will be faced with some difficult decisions. A positive pregnancy test will have you discussing the options of parenting, abortion, or adoption. If you'd like to discuss the options with a non-judgmental professional in a confidential setting, contact Counseling and Psychological Services at 621.3334. You can see a counselor with or without your girlfriend.

While you can't do anything about the past events that led you to this time of worry, a pregnancy scare can be a strong motivator for practicing safer sex in the future. If you plan to continue being intimate, it's definitely time to choose a reliable method of birth control. Check out the Campus Health Service website at www.health.arizona.edu for a long list of contraceptive options.



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

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