

sex talk.

answers to your questions about sex and relationships

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Notice. Care. Help. Suicide IS preventable. For more information on how you can help a friend call (520) 621-3941 or visit www.preventsuicide.arizona.edu.

Q Can you get pregnant in a hot tub?

A. Yes. If you're having sex that can result in pregnancy, it doesn't matter if you and your partner are in a bathtub, shower, hot tub, pool, or any other body of water. Pregnancy is a possibility. Water, warmth, bubbles, or soap do **not** provide protection against pregnancy or sexually transmitted infections (STIs).

What about the possibility of pregnancy in different positions? Despite what you may have heard, conception can result from any position – whether it's missionary, doggie style, reverse cowgirl, or the boomerang (ok we made that one up but you get the point). Where you have sex and the position(s) you and your partner use do not deter sperm from their egg-seeking mission.

Two things that do affect sperm's ability

to reach an egg are condoms and birth control. Condoms provide a physical barrier to block sperm. Hormonal birth control methods work by:

1. Thickening cervical mucus making it more difficult for sperm to reach an egg
2. Stopping the release of mature eggs
3. Thinning the lining of the uterus, thereby reducing the chance of implantation of a fertilized egg

Condoms and spermicides are sold at the Campus Health Pharmacy and a variety of birth control methods are available by prescription.

To make an appointment with our Women's Health Clinic, call (520) 621-9202.



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

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