

sex talk.

answers to your questions about sex and relationships

wildfact

Get the flu shot, not the flu! Flu shots are available on a walk-in basis at the UA Campus Health Service.

Can I get pregnant if I take birth control?

Maybe. If you're sexually active with a partner of the opposite sex, there is always a chance of getting pregnant. From your question, it sounds like you're talking about the prescription birth control options (not barrier methods such as condoms).

There are many different types of birth control options available. Typically, the hormonal options have the highest effectiveness at preventing pregnancy as shown in

the table below. You'll notice for some methods there is a range of effectiveness, which represents typical to perfect use rates. Typical use considers human

error and perfect use is when all conditions are "ideal." To be as close to "perfect use" as you can, you and your partner should be informed about the method you are using and carefully follow the specific instructions for that particular method.

With all of the birth control options available it's a good idea to talk with your medical provider to find the method that works best for you. Remember, these hormonal birth control methods do not protect against sexually transmitted infections (STIs). Using a condom with a hormonal option will reduce both the risk of STIs *and* pregnancy.

Method	What Is It?	Effectiveness At Preventing Pregnancy
Nexplanon®	Subdermal implant in the upper arm	99.9%
IUD (hormonal & non-hormonal)	T-shaped device inserted in the uterus	99.2-99.8%
Depo-Provera	Injection given every 12 weeks	94-99.8%
Nuva Ring®	Flexible ring inserted in the vagina	92-99.7%
The Pill	Small pills taken daily	91-99.7%
Ortho Evra Patch	Patch placed on the skin	91-99.7%



www.health.arizona.edu

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



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