

sex talk.

answers to your questions about sex and relationships

wildfact

The average ejaculate contains approximately 200 million sperm. However, it only takes one sperm cell to fertilize an egg.

Can you get pregnant from pre-cum?

Yes, you can get pregnant from pre-cum, also known as pre-ejaculation. Anytime a male is aroused there is the opportunity for fluid to appear from the tip of the penis. This fluid can contain sperm. While pre-ejaculatory fluid may not have as high of a concentration of sperm as semen does, do not count it out! All you need is one sperm to win the race in order to get pregnant.

What's the big concern over pre-ejaculation and semen? Couples may prefer a method where the male penetrates the woman but pulls out before ejaculating inside her. This method is also known as withdrawal. Withdrawal is 81% effective at preventing pregnancy **IF** performed correctly. Although this method is better than nothing, there are more effective options out there for you. Using a condom is not only more effective at preventing pregnancy, but it helps keep you safe from sexually transmitted infections (STI's). Plus, condom use prevents pre-ejaculation and semen from letting any sperm loose to win the race up the fallopian tubes.

Condoms are great but it doesn't hurt to look at other types of birth control. Hormonal birth control methods have some of the highest rates of effectiveness. There are many different types of birth control options available like the intrauterine device (IUD), the pill, and Nexplanon (the implant). Hormonal birth control can be 91%- 99.9% effective, depending on what method you use. Females, ask your medical provider what's right for you – there are many options out there. Remember that hormonal birth control methods do not protect against STI's. Condom use will reduce the chance of both pregnancy **and** STI's.

If you have any more questions or are looking to learn more about ways you can practice safer sex check out your local Planned Parenthood or call UA Campus Health and speak with one of our Health Educators at (520) 621-4967.

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



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