

sextalk.

answers to your questions about sex and relationships

factoid

61% of UA students who had sexual intercourse in the past year usually or always used a condom. (2004 Health & Wellness Survey, n=1434)

Q. Two days after I finished my period, my boyfriend and I had intercourse and, unfortunately, the condom broke. I got a prescription for the “morning after” pill and took it the next day. It made me really sick. I threw up all night. Although I read that vomiting is a normal reaction, I am concerned because I started menstruating again only 7 days later. My period has never been this irregular. Could this be caused by the “morning after” pill? Should I go see a doctor?

A. The symptoms you describe are all possible side effects of emergency contraception (E.C.). These may include nausea, vomiting, breast tenderness, irregular bleeding, dizziness and headaches. After a woman takes E.C., she may find that her next period begins earlier or later than usual, and that it is heavier, lighter or more spotty than usual. If you do not start your period in three weeks, or if you have symptoms of pregnancy (breast tenderness, nausea, frequent urination), schedule a follow-up visit with your health care provider.

Q. I am a virgin, but am planning to have sex with my boyfriend. We are both considering getting tested beforehand to check for STDs. Do you think it is necessary to do this since we are both virgins? What tests should we request?

A. The answer to your question depends upon how you define the term “virgin”. If, by virginity, you mean that you have never engaged in sexual intercourse, anal intercourse, or oral sex, then getting tested for STDs is probably unnecessary. Keep in mind, however, that even sexual touching and/or genital rubbing can result in transmission of STDs such as herpes, molluscum contagiosum, or genital warts. If you, or your partner, have ever had any possible STD symptoms (visit www.ashastd.org/stdfaq for a list of STDs and symptoms), it might be a good idea to visit your health care provider before having sex. Your provider will discuss any symptoms you have had, review your sexual health history, and recommend tests based upon your individual circumstances. STD testing is available at the Campus Health Service – call 621-9202 for an appointment, or 621-4967 if you have questions.

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

SexTalk is written by Lee Ann Hamilton, M.A., CHES, Melissa McGee, Ph.D., MPH & David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.

