

# sex talk.

answers to your questions about sex and relationships

## wildfact

FREE chlamydia and gonorrhea testing, condoms, lube, and give-a-ways at the Get Yourself Tested Resource Fair this Wednesday, April 17th from 10am-2pm on the UA Mall.

## Q Can you get pregnant if you have sex on your period?

A. It's very unlikely, but it is possible.

There is always an increased chance of pregnancy when a birth control method and/or a condom is not being used.

A woman's menstrual cycle usually lasts 28-32 days. Ovulation – when a mature egg is released from an ovary – happens once during each cycle about 14 days before your period starts. Ovulation is the time when women are most fertile (most likely to get pregnant). Since menstruation represents the first few days of a cycle, it is usually far enough from ovulation to make pregnancy rare. A healthy egg and sperm are needed to get pregnant; cervical mucus that will aid sperm in reaching an egg is also helpful. Cervical mucus changes throughout the course of the menstrual cycle, and usually follows this pattern:

- Days 1-5: Menstruation.
- Days 6-9: Little or no mucus.

- Days 10-12: Mucus is sticky and thick.
- Days 13-15: Mucus becomes thin, stretchy, and clear (consistency of egg whites). This is the time in the cycle when women are most fertile.
- Days 16-21: Mucus begins to be sticky and thick again.
- Days 22-28: Little or no mucus.

Not every menstrual cycle is the same; some may be longer or shorter than the average. Ovulation would then change by a few days depending on the length of the cycle. To find out what times during the month you are more likely to get pregnant (and times when pregnancy is less likely) chart your own menstrual cycle. Charting involves keeping track of when your menstrual period began and when you had sex, taking your basal body temperature every day, and examining your cervical mucus.



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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