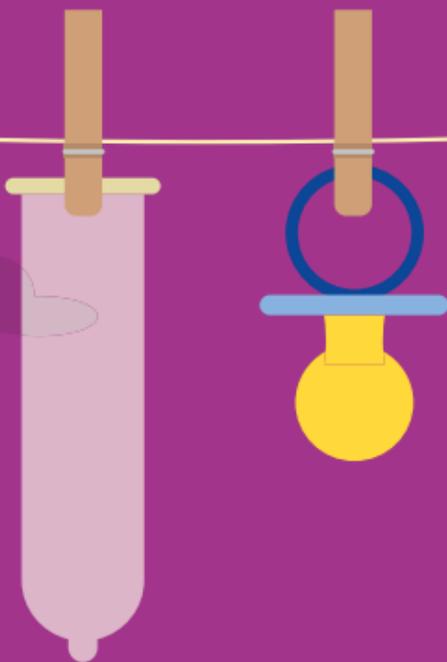


PREGNANCY

IT'S YOUR CHOICE



practice safer sex. ALWAYS USE A CONDOM



Pasante®

FACTS & FICTION

Fiction - You can't get pregnant when you have sex for the first time.

Fact - Women are most fertile during their teens. You can get pregnant every time you have sex, even if it is your first time.

Fiction - You can't get pregnant if the man pulls out or withdraws before he ejaculates (cums).

Fact - Sperm is released right from the beginning and throughout sex. It only takes one sperm to get pregnant, so withdrawing before ejaculating does not prevent pregnancy.

Fiction - I can't get pregnant if I wash my vagina after sex.

Fact - Washing your vagina after unprotected sex doesn't prevent pregnancy. The same is true whether you use hot or cold water, soap and/or a douche.

Fiction - I can't get pregnant if I have sex during my period.

Fact - You can get pregnant every time you have sex, even if you are on your period.

Fiction - If we have anal sex she can't get pregnant.

Fact - Sperm can still come into contact with the vagina during and after anal sex.

Fiction - Women can only get pregnant if they orgasm.

Fact - Eggs are released during ovulation and can be fertilised by sperm regardless of whether you orgasm.

Fiction - Sperm can live in water and in air, causing unwanted pregnancy.

Fact - Sperm does survive longer in air, especially whilst still wet in ejaculate, but once dry, it dies. Sperm can't survive in hot water or swimming pools.

Fiction - I can get pregnant from using a towel that has sperm on it.

Fact - Once sperm has dried, the sperm is dead and there is no risk of pregnancy, even if the towel gets wet again. However, there is a small chance that you could get pregnant from a towel that has fresh, wet sperm on it if put against your vagina.

Fiction - There is an age limit, you can be too young to get pregnant.

Fact - Once a woman is ovulating, she can become pregnant. This can even happen before you have had your first period (ovulation begins 14 days before your period).

Fiction - I can't get pregnant if i'm taking the pill.

Fact - You can get pregnant whilst taking the pill. The pill is 97-99.9% effective. That 0.1% means that you can get pregnant. The pill is also not fully effective until at least 1 month after you start to take it.

WHAT SHOULD I DO IF...

I've had unprotected sex?

If you've had unprotected sex, consult your GP, pharmacist or local contraceptive service immediately and no later than within 72 hours of having unprotected sex to obtain post-coital contraception. Both you and your partner need to get tested for Sexually Transmitted Infections (STIs). This can be done at your local GUM clinic, by your GP or at a private clinic.

The condom has split?

If the condom splits during sex, you should take the same precautions as you would for having unprotected sex - get emergency contraception and an STI check.

I think I might be pregnant?

If you think you might be pregnant, get tested as soon as you miss a period (some pregnancy tests can detect before a missed period). You can buy a pregnancy test in your local pharmacy or you can visit your GP or GUM clinic.

AVAILABLE CONTRACEPTION

Although condoms are the only method of contraception that protect against pregnancy and STIs, there are other methods of contraception that can be used for protection against pregnancy.

The type that will suit you best is dependent on your circumstances and should be discussed with your GP or local contraceptive service.

Contraception types include:

- Male & Female Condoms
- The Contraceptive Pill
- The Coil (IUD)
- The Contraceptive Implant
- The Contraceptive Injection
- The Contraceptive Patch
- Diaphragms and Caps
- Vaginal Ring

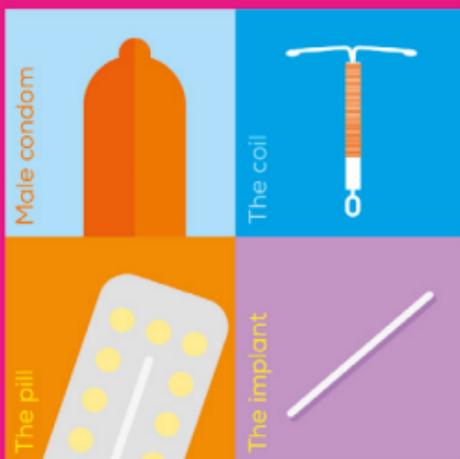
Many of these are available for free in the UK through the NHS.

REMEMBER: For protection against pregnancy and STIs, always use a condom.

For more detailed information on the types of contraception available please read the Pasante Contraception booklet.

CONTRACEPTION

KNOW YOUR OPTIONS



practice safer sex. ALWAYS USE A CONDOM



Pasante

Useful Contacts:

www.nhs.uk

www.fpa.org.uk

www.brook.org.uk

www.tht.org.uk

National Sexual Health Helpline
0300 123 7123

Text prepared using various sources such as
NHS.uk & Fpa.org.uk in August 2017



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Protect your Passion