What are the chances I will get pregnant from having sex without birth control?

Do you know what your chances getting pregnant really are?

ÅTAKE OUR QUIZ!

Effective Birth Control Methods:

Effective birth control methods include birth control pills, condoms with spermicide, NuvaRing, IUD, 3-year implant, Depo Provera shot, having tubes tied, partner with vasectomy, abstinence and natural family planning.

True or False?

If I have sex without birth control several times and don't get pregnant, it means I won't get pregnant from future sex without birth control.

- False: Many women become pregnant from having sex just one time without birth control. At least 85% of women who continue to have sex without birth control, even just once in awhile, will be pregnant within one year.

True or False?

If I have sex without birth control before or after I usually ovulate (produce an egg), I won't get pregnant.

- False. Sperm can live in the womanôs body for several days after sex so simply avoiding the day you ovulate wonôt keep you from getting pregnant. If you want to learn how to identify the days that are ñsafeò for sex without getting pregnant, then your should learn about your menstrual cycle. For more information go to: www.health.utah.gov/mihp/natural_family_planning.htm

True or False?

If I have never been pregnant, it means that I am less likely to get pregnant.

- False: Your chances of getting pregnant are the same whether or not youôve ever been pregnant.

True or False?

I am not living a healthy lifestyle so my body can't get pregnant.

- False: Even if you have a very unhealthy lifestyle, including smoking, drinking or using drugs, you are still very likely to get pregnant from sex without birth control.

True or False?

I <u>really</u> don't want to get pregnant right now, so it's not very likely.

- False: Your body is likely to get pregnant from having sex without birth control even if you donôt want to get pregnant.

True or False?

If my partner didn't get another woman pregnant in the past, it means he can't get me pregnant either.

- False: There are many reasons why your partner did not get another woman pregnant in the past. The other woman may have had fertility problems and not your partner. Your partner may still get **you** pregnant if you have sex with him without birth control.

True or False?

My doctor told me that I can't get pregnant, so I don't have to worry about it.

- False: Many women have misunderstood what health care providers have told them. Most of the time, these women find they can get pregnant just like any other woman. If you really want to know if you can get pregnant, ask for a second opinion. If you don't want to get pregnant now, be sure to let him/her know so you can start some type of birth control right away.

True or False?

My periods are irregular, so I won't get pregnant.

- False: Irregular periods make it hard to predict when a woman may ovulate (produce an egg) and most women with irregular periods still ovulate some of the time. This means that they can still get pregnant from sex without birth control.

True or False?

I'm really stressed right now, so I won't get pregnant.

- False: Most women with high stress still ovulate (produce an egg) most of the time and can still get pregnant if they have sex without birth control.

True or False?

My partner withdraws before ejaculation, so I won't get pregnant.

- False: Withdrawal is not a dependable method and many couples using it still get pregnant. There can be sperm in a manôs fluid before he ejaculates. If you want to learn a more reliable natural method, then check out natural family planning at:

  www.health.utah.gov/mihp/natural_family_planning.htm

True or False?

It's really just up to chance whether or not I get pregnant. I can't do much about it.

- False: While no woman has total control over whether or not she gets pregnant, there are very good methods of birth control to help prevent an unplanned pregnancy. For information on birth control options go to:

  http://www.arhp.org/patienteducation/interactivetools/choosing/index.cfm?ID=275

True or False?

My friend has been trying to get pregnant for over a year. So it must be pretty hard to get pregnant.

- False: Some women have trouble getting pregnant, but most women get pregnant easily.

Everyone told me that I had to be so careful about getting pregnant, but now that I am trying, it isn't happening.

- You might want to learn about your menstrual cycles through natural family planning methods. These methods help you to know your most fertile days. For more information on natural family planning go to:

  www.health.utah.gov/mihp/natural_family_planning.htm

- If you have been trying for over one year or you are over 35 years old, you should see your health care provider.

Where can I find more information on birth control?

- For information on low cost birth control services in Utah, go to:
  http://www.health.utah.gov/mihp/familyplanning/familyplan.htm
- For information on birth control methods, go to:
  http://www.arhp.org/patienteducation/interactivetools/choosing/index.cfm?ID=275
- For information on natural family planning go to:
  http://www.health.utah.gov/mihp/natural_family_planning.htm