

# Pregnancy Prevention Top 10 Myth Busters



Anne Arundel County  
Department of Health  
1 Harry S. Truman Parkway  
Annapolis, MD 21401

## **Myth 10.** A female can't get pregnant even if she misses a couple of days of her birth control pills.

Not a good idea to take a chance. Birth control is only effective if it is taken as prescribed. If you forget to take your pill, use an additional form of birth control, such as a condom. Birth control pills are made up of a series of hormones that must build up in your body to work. The pills are meant to be taken in a specific order about the same time every day.

## **Myth 9.** You can't get pregnant the first time you have sex.

Not true. Females can get pregnant the first time they have sex, and males can get a female pregnant the first time they have sex.

## **Myth 8.** A female can't get pregnant if she has never had her first period.

False. Since a female can't know when she will get her first period, pregnancy is possible at any time as ovulation usually takes place 14 days before a female starts her period.

## **Myth 7.** Using two condoms will provide double protection against pregnancy. If you don't have a condom, just use plastic wrap.

Actually, no! Using two condoms is more risky than just using one. During sex, the two will rub together, which will increase the chances of the condoms breaking or slipping off. There are no homemade alternatives for a condom. Plastic wrap can have tiny holes and can easily leak sperm or slip off.

## **Myth 6.** A female can't get pregnant unless there is full penetration.

This is not true. A female can get pregnant even if the male does not put his penis all the way inside of her. Pregnancy can happen if the male pre-ejaculates or ejaculates in or near the vagina.

## **Myth 5.** I always use protection, so I'm not worried about becoming pregnant.

The only 100 percent effective way not to become pregnant is to not have sex at all. Depending on the type of birth control and how it is used, birth control can prevent pregnancy between 68 and 99 percent of the time.

## **Myth 4.** A female won't get pregnant if she douches or takes a bath or shower right after sex.

Not true. It only takes a couple of seconds for sperm to reach the cervix, so douching is pointless when it comes to preventing pregnancy. The only effective way to prevent pregnancy after unprotected intercourse is to take an emergency contraceptive within five days.

## **Myth 3.** A female is less likely to get pregnant if she has sex standing up.

Some people believe that if the female is in the upright position, she is less likely to get pregnant because gravity will make it more difficult for the sperm to swim up into the uterus. FALSE. The movement of the sperm is dictated by its ability to swim, not gravity. There is no sexual position that will prevent pregnancy.

## **Myth 2.** Females can't get pregnant if they have sex while they are on their period.

False. Even though most women do not ovulate while they are on their period, every female's cycle is different and some women do ovulate during their menses. Additionally, sperm can survive up to a week inside the female, which can fertilize an egg that is released after the period is over.

## **Myth 1.** Females can't get pregnant if the male pulls out before he ejaculates.

Wrong! Some semen leaks before ejaculation. Sperm are designed to find their way to the egg. Even a tiny microscopic drop of semen is enough to get a female pregnant.

### **Affordable and Confidential Services**

For pregnancy testing and a list of family planning services, call:  
Glen Burnie Health Center, 410-222-6633  
Parole Health Center, 410-222-7381