

FactSheet

Para Su Información

Family Planning and Birth Control

What is the best way to avoid getting pregnant or getting someone pregnant?

The best way to avoid a pregnancy is to not have sex (abstinence). This is 100 percent effective in preventing pregnancy. If you decide to have sex or are already sexually active, then you need to use protection, also known as birth control (contraception). Birth control has to be used correctly every time you have sex for it to work.

Can I still get pregnant while using a condom or other birth control?

Yes. The only way to have no risk of a pregnancy is to not have sex (abstinence). If you decide to have sex, using birth control will reduce the risk becoming pregnant. Birth control only works if you use it correctly every time you have sex. Some birth control prevents pregnancy better than others and only condoms reduce the risk of sexually transmitted infections (STIs), including HIV.

Can I get pregnant the first time I have sex?

Yes. You can get pregnant the first time you have sex. It doesn't matter how many times you have sex, there is always a chance of getting pregnant. Not having sex is the only guaranteed way to prevent pregnancy. The best way to avoid pregnancy is to not have sex or only have sex after you have a birth control method started.

Is a condom a birth control method?

Yes. Some people always use condoms for birth control. However, you must use the condom correctly, and you must use it every single time you have sex.

Should I use a condom even if I am using a birth control method like the pill or three-month shot?

Yes. If you or your partner has sex with more than one person or if you are unsure, you should use a condom every time you have sex. Using a condom will protect you from getting and/or spreading a sexually transmitted infection. A condom is the only form of birth control that prevents STIs.

The benefit to using condoms is that they prevent pregnancy AND protect you and your partner from sexually transmitted infections.

What is a sexually transmitted infection?

A STI is passed from one person to another when having oral, vaginal or anal sex. Examples of STIs are chlamydia gonorrhea, syphilis, HIV, hepatitis B, and trichomonas (commonly called Trich).

Can I get a STI when I am on the pill?

Yes. You can get an STI while taking the birth control pill because it uses hormones to prevent pregnancy. Those hormones do not protect against STIs.

Can I get a STI when using a condom?

Yes. Anytime you have sex, there is a chance you can get an STI. However, it is a lot less likely when you use condoms correctly every time you have sex. Latex condoms are highly effective in reducing the risk of getting an STI, including HIV. Other condoms, such as lamb skin condoms, can prevent some STIs, but do not protect against HIV.

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Can I use two condoms, in case one breaks?

No. You should never use two condoms at the same time. Using two condoms at one time may cause both condoms to come off, which would release the sperm.

Practice the rule: One condom for each sex act performed.

Where can I get condoms?

Condoms are available at most grocery stores, drug stores and some gas stations. Free condoms are always available at the health district's sexual health and family planning clinics.

Does withdrawal (pulling out) work to prevent pregnancy?

Yes. It can reduce the risk of getting pregnant, but is not very effective or reliable. Additionally, you are not protected from STIs using this method.

Withdrawal is when a male removes his penis from the vagina before he ejaculates (spills out). Withdrawal is an attempt to prevent sperm from entering the vagina by ejaculating outside the vagina. Even if a male never ejaculates into the vagina, sperm can leak out into the vagina before the male pulls out, so there is still a risk of pregnancy.

Withdrawal is only about 73 percent effective compared to other methods that are 97 percent to 99 percent effective.

What is the morning-after pill and how does it work?

The morning-after pill, also known as emergency contraception, is used to prevent pregnancy after unprotected sex or when there is a problem with birth control, such as a broken condom. It may be taken up to 120 hours after sex, but it is most effective within 72 hours of sex.

The morning-after pill contains high levels of the hormones estrogen and progesterone. The hormones work in a number of ways to prevent pregnancy: they may delay ovulation (the release of an egg during a female's monthly cycle), affect the development of the uterine lining, and prevent the fertilization process.

This is not an abortion pill, so it will not work if you are already pregnant. In Nevada, if you are 17 years

or older you or your partner can buy the morning-after pill at a pharmacy without a prescription. The morning-after pill is also available at health district's family planning clinics, where no appointment is needed.

Can I get pregnant if I have sex while I have my period?

Yes. It is possible you to get pregnant if you have sex while you have your menstrual period (bleeding).

Ovulation is the release of an egg from the ovaries into the uterus and is the most fertile time for a female. Vaginal bleeding during ovulation is common and can be mistaken for a period. After ejaculation, sperm can survive for a few days inside the vagina or uterus even if there is bleeding. If ovulation occurs while sperm is still alive, pregnancy can occur.

Can I prevent pregnancy by douching after sex?

No. Douching is not a method of birth control. It is intended to clean and freshen, not prevent pregnancy. Douching is way to rinse out the vagina with a solution, such as water and vinegar. Sperm that are deposited in the vagina after ejaculation can enter the uterus before the sperm could be washed away. A female can become pregnant if the sperm reaches the uterus.

Some health professionals do not recommend douching. It can increase the risk of sexually transmitted infections because the solution can flush out the natural good bacteria present in the vagina that help prevent infections. Douches can also cause discomfort and irritation.



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