

Resource 1: Contraception Quiz – True or false?

Sperm can survive for a maximum of 3 days inside the female reproductive tract.

False. At certain times in the menstrual cycle, fertile mucus is produced at the neck of the womb (or cervix) this clear, slippery mucus will nourish and support sperm for up to 7 days!

You can only get pregnant if you have vaginal penetrative sex.

False. It is important to ensure sperm doesn't come in contact with any part of the vagina as it is possible (although unlikely) to get pregnant. This includes sperm that is accidentally transferred from hands, clothes, bed clothes etc. If there is any contact with the vagina prior to ejaculation there is still a risk of pregnancy as sperm often leaks out of the tip of an erect penis before ejaculation occurs.

If you forget a contraceptive pill you should use a condom as well if you have sex within the next seven days.

True. If you forget a pill you must make sure you use a condom if you have sex in the next 7 days. If the condom splits or comes off you may need emergency contraception so get advice from your local clinic or pharmacy. It is a good idea to use condoms all the time as well as a method of contraception to protect against STIs and pregnancy.

Antibiotics reduce the effectiveness of the combined pill (COC).

True. Antibiotics affect the way your body absorbs the COC so you must take your pills as usual but also use condoms if you have sex during the whole course of antibiotics and for 7 days afterwards. Antibiotics DO NOT affect the POP.

The Progestogen only pill is less effective than the combined pill?

False. The POP is just as effective as the COC if taken properly!

You cannot have an IUD (Intra Uterine Device or coil) inserted if you are under 18 years old.

False. A woman can have an IUD fitted at any age. It is also a myth that a woman can't have an IUD fitted until she has had a baby. (Some doctors choose not to fit IUDs on young girls for personal reasons but at the Contraceptive clinic the doctors are very skilled and would prefer that a woman was fitted with an IUD than risk getting pregnant!)