



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Can I get pregnant from pre-cum?"

Q My boyfriend likes to rub his penis on the outside of my vagina. Is there any chance that I could get pregnant from his pre-ejaculatory fluid?

A While it's not likely, it is possible. When a guy is aroused, a clear alkaline liquid -- that's considered to be sperm-free -- is released to lubricate his urethra (the tube that carries the urine and sperm out of his body), preparing it for the safe passage of sperm when he does in fact ejaculate.

But any sperm left in the urethra from a previous ejaculation can mix with the secretion. And, if his little swimmers make their way into your vagina, you can get pregnant. You should also know that this fluid can transmit STDs, such as HIV and hepatitis. And, other diseases, such as herpes, can be passed simply by rubbing against each other's genitals.

Bottom line: Since exposure to pre-ejaculatory fluid can lead to pregnancy, play it smart and have him use a condom. If you add water-based lube, he'll learn that rubbing against you will still feel fabulous.

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