



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Can I get pregnant during my period?"

Q Can I get pregnant if I have unprotected sex during my period?

A It's unlikely, but possible. Ovulation (when the egg is released from the ovary) can be difficult to predict because your menstrual cycle doesn't necessarily run like clockwork from month to month. If your cycle is shorter than usual, or if you bleed for extra days, you may ovulate during or shortly after your period. If the release of the egg (which can live for one to three days) coincides with the lingering live sperm (which can live in your body for five to seven days after unprotected sex), you can conceive. The bottom line: If you are not using contraception, it's a crapshoot.

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