



INTERN CONTRACEPTIVE KNOWLEDGE ASSESSMENT

June 2018

Intern Contraceptive Knowledge Assessment

Select only **ONE** answer for each question.

1. When during a woman's cycle is she most likely to become pregnant?
 - a. During her period (start of cycle)
 - b. 3 days after her period ends
 - c. Two weeks before her next period starts
 - d. 3 days before she gets her period (end of cycle)
 - e. I don't know

2. How long can sperm stay alive in a woman's body?
 - a. 1–3 hours
 - b. 24 hours
 - c. 3–5 days
 - d. 7–10 days
 - e. I don't know

3. Which of the following choices is TRUE about pregnancy?
 - a. You cannot become pregnant the first time you have sex
 - b. You cannot become pregnant if you have sex standing up
 - c. You cannot become pregnant if you do not have an orgasm
 - d. None of the above are true
 - e. I don't know

4. Which of the following choices is TRUE about withdrawal, or the “pull-out” method?
 - a. Semen may be released before ejaculation
 - b. Withdrawal works as well as condoms at preventing pregnancy
 - c. Withdrawal can protect against some sexually transmitted diseases (STDs)
 - d. Withdrawal works as well as the birth control pill at preventing pregnancy
 - e. I don't know

5. Which birth control method guarantees you will not become pregnant?
 - a. None
 - b. Using a condom every time you have sex
 - c. Douching, showering, or bathing immediately after sex
 - d. “Pulling out” before ejaculation
 - e. I don't know

6. Which is the only birth control method that helps prevent infections?
 - a. The birth control pill
 - b. Male and female condoms
 - c. Depo-Provera (“the shot”)
 - d. The IUD (intrauterine device, the “T”)
 - e. I don't know

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7. All of the following are TRUE about using male condoms EXCEPT:
 - a. You should use water-based lubricants with spermicide
 - b. Wear two condoms to be extra safe
 - c. Prevent air bubbles by holding the condom tip when putting it on
 - d. Check the expiration date and keep them in a cool and dry environment (i.e. not in a wallet or in a car)
 - e. I don't know

8. Hormonal birth control comes in which of the following forms?
 - a. Pills taken by mouth
 - b. Patch worn on the skin
 - c. Ring placed in the vagina
 - d. All of the above
 - e. I don't know

9. Which one is NOT a benefit of hormonal birth control?
 - a. Improvement of diabetes
 - b. Improvement of acne
 - c. Reduction in menstrual cramps and bleeding problems like anemia
 - d. Decreased risk of ovarian and uterine cancer
 - e. I don't know

10. How long should the vaginal ring (NuvaRing) stay in place before changing it?
 - a. 1 day
 - b. 1 week
 - c. 3 weeks
 - d. 1 month
 - e. I don't know

11. Which of the following can make hormonal birth control less effective?
 - a. Seizure (epilepsy) medicine
 - b. HIV medicine
 - c. Herbal supplements
 - d. All of the above
 - e. I don't know

12. What is the main way that birth control pills work?
 - a. It prevents the ovary from releasing the egg (ovulation)
 - b. It prevents sperm from entering the uterus
 - c. It prevents the fertilized egg from implanting in the uterus
 - d. It prevents the embryo from growing past a certain size
 - e. I don't know

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13. Birth control pills can have which of the following ingredients?
- Testosterone
 - Estrogen
 - Magnesium
 - Calcium
 - I don't know
14. You should NOT use the birth control pill if you have any of the following:
- Fibroids
 - Drink alcohol
 - Currently taking antibiotics
 - None: it is safe to use the birth control pill in all of these situations
 - I don't know
15. How long after a woman stops using birth control can she become pregnant?
- Immediately
 - 1 month
 - 3 months
 - 6 months
 - I don't know
16. If you forget to take one birth control pill and remember the next day, what should you do?
- Throw the missed pill away and then continue the following day from where you left off
 - Take the rest of the week's pills at once and then start the placebo ("reminder") week
 - Take two pills then continue
 - Throw the missed pill away and wait 1 month to start a new pack
 - I don't know
17. Which of the following is FALSE about Depo-Provera (the "shot")?
- It is administered every 3 months
 - Gradual weight gain is possible
 - It might take a few months after stopping to become pregnant
 - It cannot be used while breastfeeding
 - I don't know
18. Which of the following birth control methods may be reversed if you decide you want to become pregnant?
- Tubal ligation ("tying your tubes" or "cutting your tubes")
 - Essure coils
 - Vasectomy
 - IUD (intrauterine device)
 - I don't know

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19. Which birth control method is not easily noticed by a partner?
- The IUD (intrauterine device)
 - The vaginal ring
 - Male condom
 - Female condom
 - I don't know
20. A doctor places an IUD (intrauterine device) in what part of the body?
- Fallopian tube
 - Uterus
 - Cervix
 - Vagina
 - I don't know
21. Which method of birth control is the best at preventing pregnancy?
- The IUD (intrauterine device)
 - Depo-Provera (“the shot”)
 - Male Condom
 - Withdrawal (“pull-out method”)
 - They are all equally effective
 - I don't know
22. Which choice is FALSE about IUDs (intrauterine devices)?
- Women of all ages may get an IUD
 - Women who have never had a baby may get an IUD
 - Women can have an IUD put in right after having a baby or having an abortion
 - Women cannot get an IUD if they have ever had a sexually transmitted disease (STD)
 - I don't know
23. A doctor places the birth control implant (Nexplanon) in what part of the body?
- Thigh
 - Vagina
 - Arm
 - Buttock
 - I don't know
24. How soon after sex must the “morning after pill” (or Plan B) be used to be effective?
- 1 h
 - 24 h
 - 5 days
 - 20 days
 - I don't know

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25. How can you get the emergency contraceptive pill called Plan B (or “the morning-after pill”)?
- a. If under age 18, you cannot get it, even with a prescription
 - b. If under age 21, you must have your parent go with you to the doctor for a prescription
 - c. All women must have a prescription, no matter her age
 - d. You can buy it at the pharmacy, without a prescription, no matter what age
 - e. I don't know

Thank you very much and enjoy your intern year!