



Prenatal Care

Sex During Pregnancy

It's Normal To Be Concerned About Sex During Pregnancy

Some women worry about their unborn baby's safety. Other women worry that their partners will be turned off by their new figure. Others are concerned that they have no interest in sex while they are pregnant. If you share some of these concerns, don't be embarrassed about asking questions.

For Most Women, It Is Safe To Have Sex While Pregnant


With a normal pregnancy (low risk for miscarriage or early labor), having sex right up until your water breaks is safe. Having sex, having an orgasm, or masturbating usually won't lead to early labor or a miscarriage. If you have any doubts, be sure to check with your OB/GYN doctor.

Your doctor will probably tell you not to have sex if you have any one of the following conditions:

- » You have a high risk pregnancy
- » You have any vaginal bleeding
- » Your "water" breaks
- » Your placenta is low and covers the cervix
- » Your cervix is weak and may open too early

You should stop having sex right away if you have any one of the following conditions:

- » You feel pain during sex
- » You start having painful and regular contraction
- » You have vaginal bleeding
- » Your water breaks
- » Contact your doctor right away if this happens.



"I was very worried that sex would hurt my baby. It was just too embarrassing to talk about it until my OB brought it up one day."

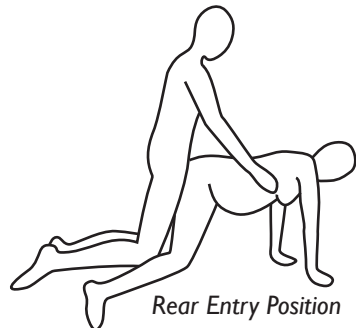
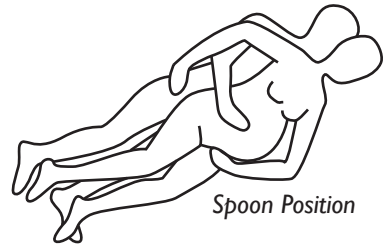
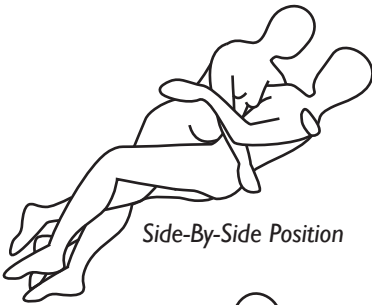
Can Sex Harm My Baby?

No. Your baby is fully protected in your uterus by the water around him or her and a thick mucus plug that seals the cervix. The penis does not come in contact with the baby.

However, if you don't know your partner's sexual history, use a condom every time you have sex. If you have unprotected sex with someone who has an STI (sexually transmitted infection), you can pass the STI to your baby. STIs like hepatitis B and AIDS can harm your baby.

What Sex Positions Are Appropriate During Pregnancy?

Time-tested, comfortable positions include side-by-side position, spoon position, woman on top position, and rear entry position. Don't try any new positions while you are pregnant. Make sure your partner does not thrust too deeply during your later stages of pregnancy, and tell your partner how gently or slowly you want to go. You can also ask your doctor about what positions might be safe and more comfortable during pregnancy, especially during your later stages.



What Should I Do If I Don't Want To Have Sex?

In fact, most women have sex less often during their first 3 months of pregnancy. You may have non-stop morning sickness, sensitive breasts, soreness, or fatigue. Your sex drive may or may not change in the later months. It's your body. Do what feels best.


If you are having sex because your partner wants to and you are not really enjoying it, let your partner know. If you have concerns about sex or don't feel well, the only way your partner will know is if you tell your partner. You can also try spending your time together in other ways. Have a romantic dinner together, or give each other a massage.

Is It Normal That I Want To Have Sex Even More Than Before?

As long as your doctor agrees that sex is okay during your pregnancy, it will not hurt the baby. Don't worry, just enjoy!

How Soon Can I Have Sex After My Baby Is Born?

In general, it is best to wait until you see your GYN doctor for your postpartum checkup (usually 4 weeks after your delivery) or when vaginal bleeding has stopped and you are well. Check with your doctor if you have any concerns.



"I felt relieved and was finally able to enjoy some intimate time with my husband while expecting the baby."



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