

Talk to a doctor before having sex if you have:

- bleeding or spotting from the vagina
- pain when having sex
- fluid leaking or gushing from the vagina
- a sexually-transmitted infection (you or your partner)
- a placenta which lies low in the uterus (called placenta previa)
- early contractions or labor
- a twin or triplet pregnancy



CH-2

Version française disponible



Sex During Pregnancy



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

Your sex life will probably change during pregnancy. Many things can affect sexual comfort and desire (for you and baby's father):

worries about becoming a parent
worries that sex can hurt the baby or cause a miscarriage
fatigue, nausea, back or hip pain
getting used to your changing and growing body
sore breasts that don't want to be touched, or very sensitive breasts that do!
worries about the birth

These feelings are real. They may make you (or baby's father) feel **more** like having sex, or **less** like having sex. And your sexual desire may change at different times during the pregnancy.

Listen to your body. Talk to your partner. Together you can decide how much sex to have. The important thing is to take care of one another and **feel loved**.

Is sex safe during pregnancy?

In **healthy pregnancies** you can keep having sex **as long as you are comfortable**, right up until childbirth.
The baby is very well protected by the liquid inside your uterus.

Mild cramping like you feel with orgasm is normal during or after sex. But call the clinic if cramping continues, comes regularly, or is painful.

No!



As you grow bigger, your usual positions for lovemaking may become uncomfortable or even impossible!

You can try:

using your hands
oral sex (**but avoid blowing air into the vagina**)
these positions:

