

Sex During Pregnancy



It's Normal to Worry About Sex During Pregnancy

Some people worry about their unborn baby's safety. Other people worry that their partner will be turned off by their new figure. Still, others are concerned that they have no interest in sex. If you share any of these concerns, don't be embarrassed about asking questions.

For Most, 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, check with your OB/GYN doctor.

Can Sex Harm My Baby?

No. Your baby is fully protected in your uterus by the water around them and a thick mucus plug that seals the cervix.

Vaginal sex does not affect the baby.

If you have **oral sex**, make sure your partner does not blow air into your vagina. In rare cases, an air bubble could block a blood vessel. This could be dangerous for you and your baby.

Anal sex may be unsafe because the anus is full of bacteria. If you have vaginal sex after anal sex, you are at risk for getting an infection.

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 a sexually transmitted infection (STI), you can pass the STI to your baby. STIs like hepatitis B and HIV can harm you and your baby.

What If I Don't Want to Have Sex?

That's totally fine. Pregnancy can affect your sex drive. You may have non-stop morning sickness, sensitive breasts, soreness, or fatigue. Or you just may not feel like it.

It is important to communicate with your partner about sex. If you don't want to have sex, tell them. There are other ways to feel intimate with each other. For example, have a romantic dinner together, or give each other a massage.

Your doctor will likely tell you not to have sex if:

- » 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

Stop having sex right away if:

- » You feel pain during sex
- » You start having painful and regular
- » You have vaginal bleeding
- » Your water breaks

Contact your doctor right away if any of these happens.

What Sex Positions Are Appropriate During Pregnancy?

Time-tested positions include: side-by-side, spoon, on top, and rear entry. The most important thing is that you feel comfortable.

Make sure your partner does not thrust too deeply during later stages of pregnancy. Communicate with your partner—tell them how gently or slowly you want to go.

Talk to your doctor if you have any more questions about sex positions.



Side-by-Side



Spoon



On Top



Rear Entry

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

It is normal for your sex drive to change during pregnancy. You may feel more sexual desire than before—or not. Each person's body handles pregnancy differently. As long as you feel good and it is safe for the baby, try not to worry.

How Soon Can I Have Sex After Giving Birth?

In general, it is best to wait until you see your doctor for your postpartum checkup (usually 6 weeks after delivery). Check with your doctor if you have any concerns.

