Sex During Pregnancy

It is common for couples to wonder whether or not sex is safe when they discover they are pregnant. Unless your health care provider advises you otherwise, sex during pregnancy is safe for both you and your baby.

**When is sex during pregnancy NOT safe?**
Sex is safe during pregnancy unless your health care provider has indicated you have a high risk pregnancy. Although there are few reasons to avoid sex during pregnancy, there are some situations when your health care provider may indicate sex should be avoided. These situations include:

- History of premature birth or labor
- History of miscarriage
- If your water has broken
- If you experience unexplained vaginal bleeding or discharge
- If you have placenta previa, or a very low-lying placenta
- If you have an incompetent cervix or if it has dilated
- If you or your partner has a sexually transmitted disease

Unless your health care provider tells you otherwise, you and your partner should be able to enjoy sex during your pregnancy. Pay attention to your body and make adjustments so you can enjoy the experience to the fullest.

**What changes are expected with sexual activity during pregnancy?**
Sexual practices may not have to change during pregnancy. However, because of the different changes which occur in your body, you may want to make some changes to make things more comfortable:

- Exhaustion, hormonal fluctuations, tender breasts and self-consciousness about weight gain can bring your sex drive to a halt. Take a break.
- The common missionary position may become uncomfortable and warrant considering other positions
- As your breasts increase in size, they may become more tender or sore. Encourage your partner to explore other parts of your body and to find other ways to caress you.
- There is increased blood flow to the pelvic area which can lead to engorgement of the genitals and heighten the sensation; for some women this can be uncomfortable.

For more information, visit AmericanPregnancy.org