

Sex During Pregnancy

Is it safe to have sex during pregnancy?

During your entire pregnancy, it is usually safe to have sex. In some special cases, your healthcare providers may tell you it is not safe to have sex while you are pregnant.

Can sex hurt your baby?

Your baby is protected during sex by your own body. The amniotic sac, the muscles of your uterus, and a mucous plug in your cervix protect your baby. As well, proper hygiene and the use of condoms will decrease the risk of infection.

What if sex is uncomfortable?

As your pregnancy progresses, you may find that certain positions are uncomfortable. Talk to your partner and together experiment until you are both comfortable. If sex is painful, talk with your healthcare providers.

Should you talk to your partner about sex?

You may have a range of feelings about sex. Changes to your feelings about sex during pregnancy are normal. You may want to have sex more. You may want to have sex less or not at all. Talk with your partner about the way you feel and your needs.

