

Let's talk about sex baby!

Is it safe to have sex during pregnancy? The short answer, yes, if you have a healthy pregnancy there is no reason why you and your partner can't have a full and satisfying sex life during pregnancy. If you are having sex with a male, his penis won't penetrate beyond your vagina and the same goes for toys such as dildos. There are times during your pregnancy you may want sex (sometimes a lot!!) and times you may not want sex at all. The key is communication, explain what you need and check in with what your partner needs. The vast majority of pregnant women and their partners report that sex in pregnancy is great.

Your baby is protected by the amniotic sac (bag of waters) along with the strong muscles of your uterus. There is also a thick mucus plug that seals your cervix helps to guard against infection. So it's usually fine to keep having sex, or using sex toys, right up until your waters break. If you do use sex toys, make sure you clean them all over with warm soapy water after every use, to reduce the risk of infection.

Your baby won't be harmed in any way while you're having sex. You may find that they move around a bit after you've had an orgasm, but it's nothing to worry about. Your baby's reacting to the pounding of your heart. They aren't aware of anything that's happening or feel any discomfort.

Lets' look at each trimester separately, keep in mind, things may be different for each individual.

Sex in the first trimester - Your breasts may be sensitive, causing either increased pleasure or pain. The first trimester is when breasts undergo the most changes in terms of sensitivity and increase in size. Nausea, sickness and fatigue may also play a part in your libido during this period. Orgasms may seem to linger, causing a feeling of tension in your vagina and clitoris. Some people describe this as a feeling of an unresolved orgasm. Some women find themselves preoccupied with the thought of sex, including dreams and strange fantasies. Sometimes these dreams are troublesome, other times women describe it as having an adult movie theater in their heads. These are all normal experiences.

Sex during the second trimester - The vagina is more lubricated and the clitoris and vagina are more engorged this may mean women become orgasmic or multi-orgasmic for the first time during pregnancy because of this added engorgement. You may feel sexy with your new figure, particularly if you are feeling less sick than in the first trimester. Obviously, this is not the time to be shy with your care provider; if your usual sexual activity is non-traditional or involves practices outside the mainstream, your Lead Maternity Carer (LMC) can tell you if you need to restrict or down-grade it during pregnancy. But only if you're completely honest! The only thing that should absolutely be avoided for pregnant women is a partner blowing air into the vagina. This could cause a placental air embolism.

Sex during the third trimester - Your uterus will occasionally have spasms lasting upwards of one minute during orgasms. These are different from contractions, but near your due date, contractions may occur after sex, sometimes for up to a half-hour! It's important to note; sex will not start labour if your cervix is not ripe or ready to start dilating, so the average woman does not have to worry about preterm labor. If your baby's head is deep in the pelvis (engaged), you may have pain or spotting during or after sex, this is normal. And any bleeding, however trivial it seems, should be mentioned to your LMC. You will become more fatigued during the third trimester, which can make timing difficult. And positioning at this stage may be a challenge, so prepare to be creative, and if there are positions that are giving you pain, or make you uncomfortable, avoid these too. Every pregnant woman has a different belly, so try different positions until you find one that works for you both.

At this stage of the game, you may be feeling self-conscious about your size, and worrying whether you're still desirable to your partner. This is the time for your partner to step up and make sure you know you're as beautiful as ever, in-fact some women glow!!

There are, however, some circumstances where you may have to be careful about having sex. If you've had any bleeding or spotting in early pregnancy, your LMC may advise you not to have sex until you reach 14 weeks gestation.

Your LMC may recommend that you avoid sexual activity of any kind, including anal and oral sex, masturbation and using sex toys, if you have a history of cervical weakness, you have a low-lying placenta (placenta praevia), you've had heavy bleeding during your pregnancy, you've had a vaginal infection during your pregnancy, you are having multiple babies or your partner has a sexually transmitted infection.

Last but not least, have fun, stay safe and enjoy!

