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Pregnancy and Sexuality

Many women and men have a lot of questions about sex and pregnancy. The following are common questions couples have about sexuality and pregnancy.

Is it safe to have sex during pregnancy? In most cases, yes. Your care provider will tell you if sex isn't allowed for health reasons. This can be premature labor threat or vaginal bleeding.

What about oral sex? Oral sex is considered safe during pregnancy provided that your partner doesn't blow air into your vagina. That could result in a potentially fatal air embolism.

Does an orgasm feel different when you're pregnant? It depends. For some women, it's business as usual; for others, it's a whole new world—literally. While some women say that orgasms are more intense during pregnancy, others describe them as far less satisfying. And some women who've never had an orgasm in their lives report having them for the first time ever during pregnancy. ¹

Sometimes I feel crampy after sex, is this normal? Yes, during orgasm the body's response is to release oxytocin, this can cause a crampy feeling.

Can one's sex drive vary? Yes, many things can affect libido, like nausea, aches and pains, and it can come and go until the first contraction.

Some Great Positions for Sex During Pregnancy Are:

Spoon: The spoon position can be very cozy and intimate. In this case you should lie on your side curled in a C, with your partner facing your back and curled around you. He then enters your vagina from behind while both of you are lying on your sides.

Side by side: Another good choice for late pregnancy, this position will control thrust and keep weight off your belly. You and your husband lie side by side, facing each other. He slips his leg over yours (your leg can be either straight and to the side or bent at the knee) and enters you from an angle. In a variation of this, you lie on your back and he on his side. Put your leg that's closest to him over his legs. He can enter you from the back and side, and still

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have his face next to yours.

Woman on top: This can be a satisfying position during late pregnancy, allowing you to control pacing and be more comfortable. Make sure, however, that he doesn't enter you too deeply.

Edge of the bed: Try lying down face-up on the edge of the bed, with your legs spread and the soles of your feet on the floor. Your partner can stand or bend over you. This position, however, does allow him to thrust more deeply, so you'll have to tell him how gentle and slow you want him to be.

Some couples really enjoy the Liberator Cushions. www.liberator.com these allow for full body support during positions and position changes and allowing for more variety with the pregnant form.

When not to have sex and/or orgasms during pregnancy:

- **Your practitioner has advised against it**
- **You have a history of premature birth or labor**
- **Placenta previa (Where part of the placenta is covering the cervix)**
- **Your water has broken**
- **You are currently experiencing bleeding**
- **You or your partner has an active sexually transmitted disease**

1. Douglas, Ann. The Mother of All Pregnancy Books. Wiley; 1st edition (January 1, 2002)

2. www.discoverhealth.com

3. Davis, Elizabeth. Heart & Hands: A Midwife's Guide to Pregnancy & Birth. Celestial Arts; 4th edition (November, 2004)

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