



The 5 Pregnancy Sex Questions on Every Mom-to-Be's Mind



by **Judy Koutsky**
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Stocksy

Can I use lubricants? Can an orgasm cause contractions? Is anything off-limits? We talked to Los Angeles-based OB-GYN Dr. Jenny M. Jaque about the questions she gets asked the most — and how she addresses them.

1. Is it normal for sex to hurt while pregnant?

While sex during pregnancy should not hurt, it may feel different as you progress through the later months, says Dr. Jaque. She suggests the following to help make it more comfortable:

- **Change positions.** During the third trimester you may be uncomfortable lying on your back during sex; you might even feel dizzy because the weight of the uterus compresses the vena cava (the main vein that carries blood back to the heart from your lower body region). So while man-on-top is fine for quickies, if you're uncomfortable you might want to try a side-lying position (front-to-front or front-to-back), woman on top (which also allows you to retain more control over penetration) or rear-entry instead. Stick with what feels most comfortable for you.
- **Talk to your partner.** There may be things you enjoyed pre-pregnancy that you're just not into now because it doesn't feel comfortable or may even feel painful. Talk to your partner about what works — and what doesn't.

If sex is painful, however, or continues to be uncomfortable, make sure you discuss with your physician to ensure there's nothing physically wrong.



Orgasms during sex does not increase the chance of premature delivery, says Dr. Jaque, though if your pregnancy is considered high-risk (see below), your practitioner may restrict orgasm in some cases. But if you ever experience bleeding or contractions during sex or continual fluid leakage afterwards, contact your doctor, she advises.

3. Is it true that some women shouldn't have sex during pregnancy?

If your pregnancy is progressing normally without any complications, sex should be OK — but check with your doctor if you're at all concerned. Your doctor may advise you to avoid sex (penetration and/or orgasm) during pregnancy, Dr. Jaque says, if you:

- Experience contractions that cause your cervix to dilate
- Have had unexplained [vaginal bleeding](#)
- Are diagnosed with an [incompetent cervix](#) or [placenta previa](#)
- [Delivered prematurely](#) in a previous pregnancy or have a history of [miscarriages](#)

Once your water breaks you'll be leaking amniotic fluid, so you should abstain from sex then as well.

4. Is it normal for my sex drive to increase during pregnancy?

[Sex drive](#) is different for every woman, and that's certainly the case during pregnancy. "Some women may experience an increase in their sex drive, and others may experience a drop," says Dr. Jaque, who adds your drive may change depending on the symptoms you're experiencing. Early in pregnancy, for example, [morning sickness](#) or [fatigue](#) might turn you off from sex, while later in pregnancy [back pain](#) and weight gain may affect how you feel about getting intimate. If [worries about "hurting the baby"](#) are making sex less appealing, know that your baby rests safely inside your amniotic sac, while a secure mucous plug in your cervix separates your amniotic sac and uterus from the rest of the world.

5. Can I use lubricants during sex?

Since your cervix is closed until the time you go into labor, a lubricant should not be an issue, says Dr. Jaque. If you're using a condom she recommends a water-based lubricant instead of an oil-based lubricant, since oil-based lubricants affect how well a condom can protect you against sexually transmitted diseases. (On a side note, as long as your practitioner has given the OK to vaginal penetration, [dildos](#) and [vibrators are safe to use](#) during pregnancy as long as you're sure to clean anything you use before you insert it, and you don't penetrate the vagina too deeply with it. Also never use vibrators or toys inside your vagina with sharp or rough edges that could potentially cut your vagina or cervix.)



Judy Koutsky is the former Editorial Director of KIWI magazine, a green parenting publication. She was also Executive Editor of Parenting.com, AOL Parent and BabyTalk.com. Her work has appeared in over 30 publications. Follow her on twitter [@JudyKoutsky](#).

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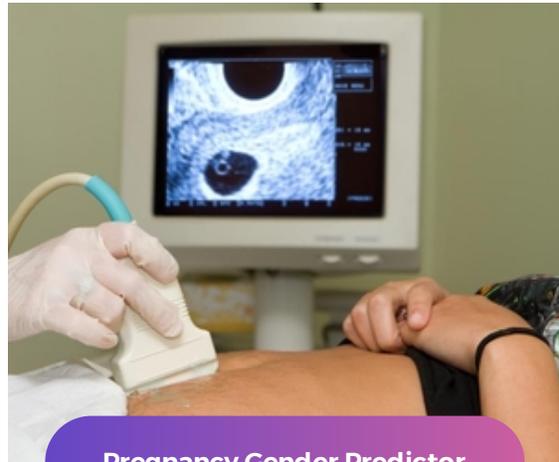
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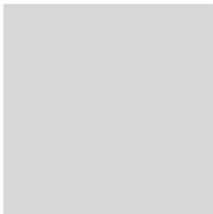
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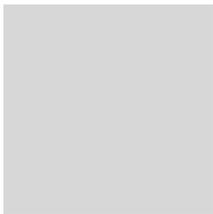
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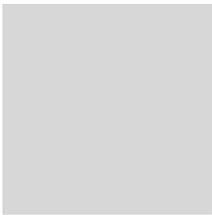


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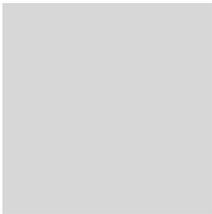
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