



Myths and Misinformation

There are some common myths about sex during those 40 weeks of pregnancy. Remember to consider your relationship (*is it healthy? Am I doing this for me?*) and protect against sexually transmitted infections (STIs) before considering sexual contact.

MYTH: Most women do not want sex during pregnancy

FACT: In truth, each woman's libido (desire for sex) is different during pregnancy. A woman may feel very sexy with one pregnancy and be less interested during another pregnancy. Most women enjoy sex throughout their pregnancy without complications.

MYTH: Most pregnant women do not need lubricant during sexual activity

FACT: While some women report adequate arousal and enhanced lubrication during pregnancy, some women report the opposite – everybody is unique. Try a natural water-based ph-balanced lubricant or a slick and slippery silicone one for some added lubrication.

MYTH Sex during pregnancy will harm the baby

FACT: The baby is protected in the amniotic fluid sac, so sexual activity will not hurt the baby. Old wives' tales of sex during pregnancy causing a cleft or dimple in a baby's chin are untrue.

MYTH: Sex causes premature labor contractions

FACT: Women can experience many contractions without going into active labor, causing cervical dilation. Oxytocin can increase with breast stimulation and/or orgasm resulting in an increase in contractions, especially near the end of a pregnancy. Sex alone is not known to cause labor, as there are a number of other changes, such as hormonal, that occur to determine when labor will begin.

MYTH: Oral sex isn't OK

FACT: Oral sex is a sensual activity that many couples enjoy whether they are pregnant or not. One of the most common challenges deals with concerns about an air bubble being blown into the women's blood stream or causing a woman discomfort. A partner should be careful not to blow air forcefully and directly into the vagina.

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MYTH: You should not use self-stimulators and vibrators during pregnancy

FACT: Sexual accessories like self-stimulators and vibrators are perfectly safe to use for some added enhancement during pregnancy. Be sure to clean them between uses without sharing them between partners.

MYTH: All sexual positions are comfortable during pregnancy

FACT: As pregnancy progresses some sexual positions may become more uncomfortable, as the uterus is growing. Some women find missionary position uncomfortable; others prefer positioning where the woman can take control over the depth and force of penetration. Refer to the positions section of this class for more information.

MYTH: All couples resume sexual activity by the 6-week postpartum visit

FACT: There is no universal timeline to resume sexual activity – each body and its needs will differ. Refer to our postpartum handouts for more tips and information regarding postpartum challenges and needs. Resuming sexual intercourse between new parents is an important milestone. Consult your healthcare professional if you are experiencing difficulty.

MYTH: Breastfeeding moms do not need lubricant

FACT: Women breastfeeding exclusively may see hormonal changes affect menstrual cycles or vaginal dryness. Try a lubricant to help improve sexual comfort and consult your healthcare professional should you have further concerns.

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