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She Comes First

THE GYN NEXT DOOR
HANDBOOK

Can We Have Sex During Pregnancy?



Short answer:
Yes—for most couples, it's safe.

One of the most common questions during pregnancy is:
"Is sex safe for the baby?"

In most uncomplicated pregnancies, the answer is **YES."**



Dr. Sharanya Says...

"Your baby is well protected inside the uterus. Sex does not "hurt" the baby in a healthy pregnancy."



Healthy intimacy. Happy pregnancy. Stronger together.

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HANDBOOK
SEX DURING PREGNANCY

What's Normal?

Your body changes, your feelings change—
and that's completely normal.

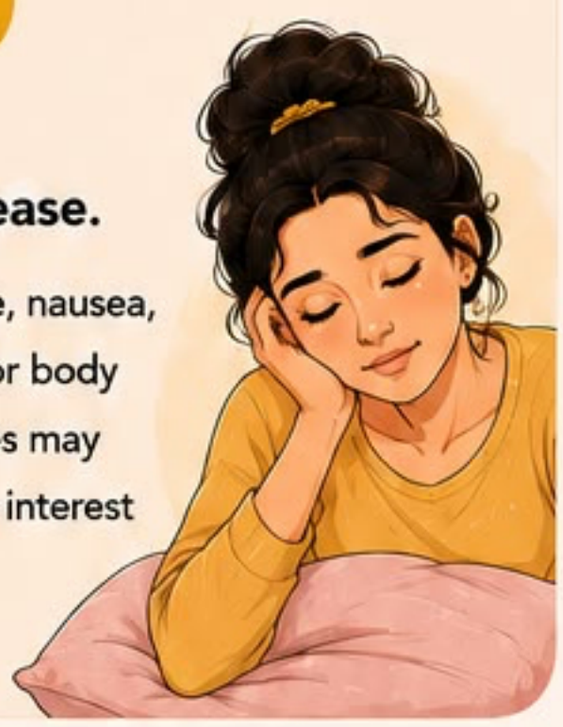
Desire may increase...

Some women feel more desire due to hormonal changes and better blood flow.



...or decrease.

Fatigue, nausea, stress or body changes may reduce interest in sex.



Increased vaginal discharge

This is very common due to hormonal changes.



Different positions may feel more comfortable

As your belly grows, some positions may feel better than others.



Mild cramping after orgasm

Some women may feel mild cramps.

It's usually normal and settles on its own.



Fatigue may reduce interest in sex

It's okay if you don't feel like it. Listen to your body and rest when you need to.





Dr. Sharanya Says...

"Every pregnancy is unique.
There is no one-size-fits-all experience.
What matters most is comfort,
communication and care."



You are not alone on this journey. We are here for you.

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SEX DURING PREGNANCY

When Should You Avoid Sex?



Avoid intercourse if your doctor has advised against it because of:

- Vaginal bleeding
- Leaking fluid
- Placenta previa
- Risk of preterm labour
- Unexplained abdominal pain
- After certain procedures, if advised



Dr. Sharanya Says...

“If you’re unsure, ask your obstetrician. **Don’t rely on myths or Google.**”



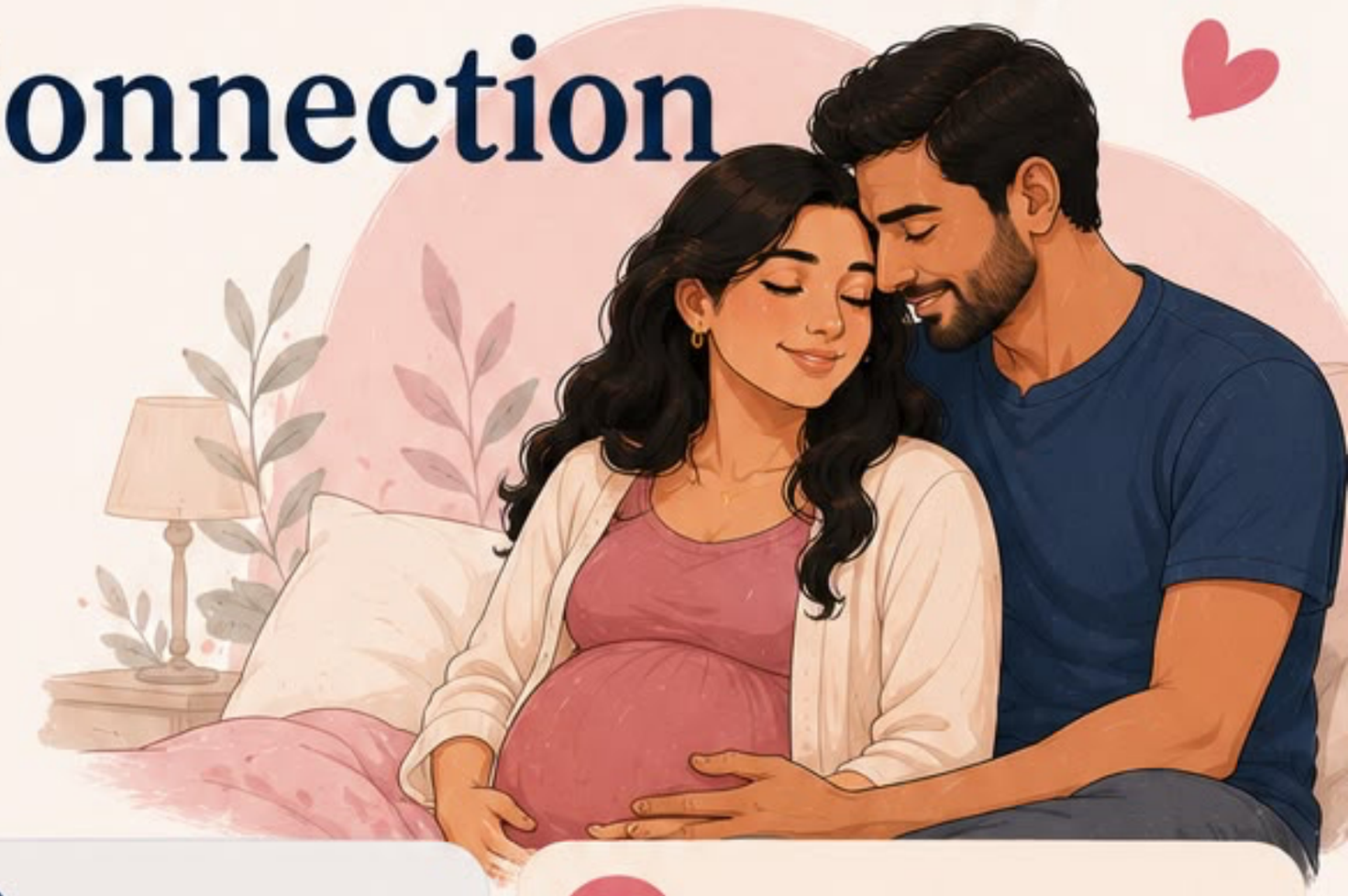
Your comfort and your baby’s safety come first.
Always follow your doctor’s advice.

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HANDBOOK

SEX DURING PREGNANCY

Comfort & Connection Tips



A few simple things can make intimacy during pregnancy more enjoyable and comfortable.

Choose comfortable positions

As your belly grows, certain positions may feel better. Experiment and find what works for you.



Use lubricant if needed

Hormonal changes can cause vaginal dryness. A water-based lubricant can help.



Communicate with your partner

Talk about what feels good, what doesn't, and what you both need.



Stop if it hurts

Pain is not normal. Stop and reassess. If pain persists, consult your doctor.



Go at your own pace

There is no rush or pressure. Listen to your body and do what feels right for you.





Dr. Sharanya Says...

"Pregnancy is a time for intimacy too. Comfort, communication and respect matter more than perfect moments."

Happy couple. Healthy pregnancy. Stronger bond.

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HANDBOOK
SEX DURING PREGNANCY

FAQs & Facts

Straight answers to common questions.

Will sex hurt my baby?

No.

Your baby is protected inside the uterus by the amniotic fluid and the uterus itself.



Can sex cause a miscarriage?

No.

In a healthy pregnancy, sex does not cause miscarriage.



Can we have sex throughout pregnancy?

Usually yes.

There isn't a "safe month" or "unsafe month". If your pregnancy is healthy and uncomplicated, sex is usually safe throughout pregnancy unless your doctor advises otherwise.



Can orgasm trigger labour?

No.

Mild uterine tightening after orgasm is common due to oxytocin release but it does not trigger labour in a healthy pregnancy.



Is there a "safe month" for sex during pregnancy?

No.

That's a myth! In a healthy pregnancy, sex is usually safe throughout unless there are specific medical conditions or your doctor advises against it.

MYTH
Sex is only safe during the middle months.

✓ FACT
Sex can be safe throughout in a healthy pregnancy.

Can sex cause water breaking?

No.

Sex does not break the water. It happens when your body is ready for labour.



Did You Know?

Babies don't know you're having sex!

They are well protected by:

Amniotic fluid
Acts as a cushion around the baby.

Strong uterine muscles
Shield and support your baby.

A closed cervix
Keeps the baby safe inside until birth.



Intimacy is normal. Safety is important.
Balance both beautifully.

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HANDBOOK

SEX DURING PREGNANCY

Thank you

for choosing knowledge over myths and confidence over fear.

You're doing an amazing job, mama!
We're cheering for you every step of the way.



Key Takeaways

In a healthy pregnancy, sex is usually **safe.**

Communication and comfort make all the difference.

Listen to your body and follow your **doctor's** advice.

Every pregnancy is **unique.** What matters most is you.

You and your baby's well-being **come first.**

Let's Stay Connected

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Scan to explore more women's health handbooks, reels and resources curated just for you!

SCAN ME

Disclaimer: This handbook is for educational purposes only and does not replace personal medical advice. Always consult your obstetrician for guidance specific to your pregnancy.

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Empowering every woman, every step of the way.

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