

c. Sexuality

MODULE 1

Your sexuality is part of you. Since your life, your body, and your feelings change during your pregnancy, so do your sexual desires.



In most cases it is normal and without risk to have sexual relations. If your pregnancy is going well, sexual relations will not harm the baby.

However, the health care provider may advise you to avoid sexual relations in the following situations:

- If your placenta is attached on the lower part of your uterus near the cervix. This situation is referred to as *placenta previa*.
- If your cervix opened too soon during a previous pregnancy. This situation is referred to as *cervical incompetence*.
- If you had premature labour without a reason during a previous pregnancy.
- If there is a possibility that you could go into labour too soon or have a miscarriage.
- If your water has broken.
- If you or your partner has an infection including sexually transmitted infections (STI)

If your health care provider advises you to avoid sexual relations, don't forget to ask when you can begin having sexual relations again.

It is normal that your sexual desires as well as your partner's sexual desires change during your pregnancy. Many things can influence you and your partner's attitude regarding sex. The best thing to do is to talk to each other and try to understand each other's feelings.