

## Intimacy During Pregnancy | Kaiser Permanente

[Music]

Sex during pregnancy is a common question that comes up. It's totally safe unless there's a high-risk problem that's been identified.

And in fact, it's recommended and oftentimes strengthens the bond between a pregnant woman and their partner.

It's not going to do anything to harm the pregnancy. It's not going to do anything to harm the fetus. As long as both partners are comfortable with the activity.

Initially it was hard because I was struggling a little bit emotionally, hormonally. And I think in the beginning it took him a little of time to get adjusted to it as well. You know, I am trying to get used to this, and I think I had to realize, you know, so is he. This is also a big change for my husband.

Some people definitely lose interest in sex during pregnancy. And other people go the opposite direction. So it's a large variety and just is okay to listen to your body and what you want to do.

A lot of that is dependent upon the couple and what feels most comfortable for them.

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Well, it's certainly uncomfortable after a certain point to be too intimate both mentally and physically. And so we've always been good about date night, I would say. And so we always continued that throughout the pregnancy.

There are many ways to be intimate during pregnancy if intercourse is not something that you're interested in. Holding hands, cuddling, all those things are totally fine.

I think that pregnancy has brought us closer as we start envisioning decision-making around children. And our values and just reading books together and deciding what our life is going to look like with the baby has been a cool bonding experience for Megan and me.

[End of recording]