

Manchester OB/GYN Associates
150 Tarrytown Road,
Manchester, NH 03103
Office (603)622-3162 • Fax
(603)622-8677
Email:
MOA@ManchesterOB.com
Web: www.manchesterob.com



Wayne L. Goldner, MD FACOG • Robert P. Cervenka, MD FACOG • Gary A. Wasserman, MD FACOG • Jennifer M. Donofrio, MD FACOG • Heidi L. Meinz, MD FACOG • Brenda M. Sanborn, CNM • Angela Diorio, ARNP • Ann Chalifour, ARNP • Nancy S. Clark, ARNP • Tracey Gahara RNC

Sex in Pregnancy

In normal, uncomplicated pregnancies, sex during pregnancy is safe for you and your baby. Due to hormonal changes, physical discomfort, and your growing belly, your level of sexual desire may rise and fall as your pregnancy progresses. However, unless your healthcare provider says otherwise, sex is fine even as you near your due date.

Sex cannot harm your baby. It will not cause a miscarriage or lead to a preterm delivery. STDs can still be transmitted, so use a condom if you have a new partner.

If you have experienced preterm labor during this pregnancy or in the past, are carrying twins, or have an abnormal placenta, your doctor may advise against intercourse. Ask the doctor if you have any concerns.

Exercise in Pregnancy

Unless your doctor tells you otherwise, you may continue to exercise during pregnancy. If it has been some time since you had an exercise program, start slowly and gradually work up to 30-40 minutes of moderate activity daily.

It is important to listen to your body and avoid exhaustion. Your exercise tolerance will naturally decrease as the pregnancy progresses, resulting in a need to decrease the intensity or length of your exercise program.

Remember to warm up and cool down before and after exercising. Drink plenty of fluids to stay hydrated. Wear supportive shoes and a supportive bra.

Avoid contact sports, scuba diving and skiing, as well as any activity with risk for abdominal trauma. Walking, swimming, cycling or aerobics are all excellent choices.

Stop exercising and contact the office if dizziness, chest pain, abdominal pain or leaking/bleeding from the vagina occurs.