

[Music]

So if everything is going well during the course of your pregnancy, intimacy and sexual activity is not a concern. Not a problem. 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.

Some people have sex and intercourse throughout the pregnancy, and you can have intercourse up until the day you deliver.

We would recommend that you refrain from sexual activity if there's evidence of bleeding or cramping or things that make the mom feel visibly uncomfortable.

Understand that there are certain conditions where people will be asked to refrain and be on what we call pelvic rest, but your physician or your midwife will discuss that with you.

[End of recording]