

The impact of pregnancy on sexuality

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Background: During pregnancy there are major modifications in the body of the woman, which encompasses physiological, anatomical and hormonal changes. As a result of this biological transition sexuality may be affected in the couple.

Research questions: Effect of pregnancy on sexuality. Prevalence of sexual dysfunction during pregnancy.

Methods: Systematic review by search on PubMed employing the terms “pregnant women” or “pregnancy” and “sexuality” or “female sexual function” or “sexual dysfunction”, between 2010 and 2017.

Results: The search produced 3481 results. Of these, 62 were selected based on relevant research for the formulated questions. Although some reports point to a gradual decline in sexual function along the pregnancy, others suggest that the decrease in sexuality was partly broken off in the second trimester.

Conclusions: Sexual function is influenced by multiple factors. Sexuality should be part of the health care during pregnancy.

Key Words: Pregnant women; Pregnancy; Sexuality; Female sexual function; Sexual dysfunction.