



# FACTORS THAT MAY LOWER SEX DRIVE

## DURING AND AFTER PREGNANCY

### FIRST AND SECOND TRIMESTER

- ⦿ Hormonal changes
- ⦿ Miscarriage anxiety
- ⦿ Early pregnancy symptoms such as fatigue, nausea, and tender breasts



### THIRD TRIMESTER

- ⦿ Protruding belly
- ⦿ Sore breasts
- ⦿ Fatigue and tiredness
- ⦿ Positional difficulties
- ⦿ Fear of preterm labor

### FIRST FEW POSTPARTUM WEEKS

- ⦿ Postpartum exhaustion
- ⦿ Uterus and pelvis are still healing
- ⦿ Focus on caring for the infant
- ⦿ Postpartum depression
- ⦿ Anxiety associated with breastfeeding
- ⦿ Healing C-section incision



#### References:

1. Sex During Pregnancy; March Of Dimes
2. Sex During Pregnancy; The University of California
3. Sex in trimesters one, two and three of pregnancy; NCT
4. Sex after a baby: 10 questions to ask yourself; NCT