



Preparation for Your
Sex Life

What you want to know

What you need to know

What you have to prepare

**If you are mentally ready to start
your sex life, this pamphlet can provide more
sexual health information to you**

Will every woman bleed in her first sexual intercourse?

- Absolutely not. Only 1 in every 6 women has obvious bleeding during her first sexual intercourse.
- Bleeding is due to the damage of the small blood vessels around the hymen or laceration of the vaginal wall during penetration of the penis into the vagina. These small blood vessels may have been damaged already during exercise.

Is it true that all women will experience intolerable pain during their first sexual intercourse?

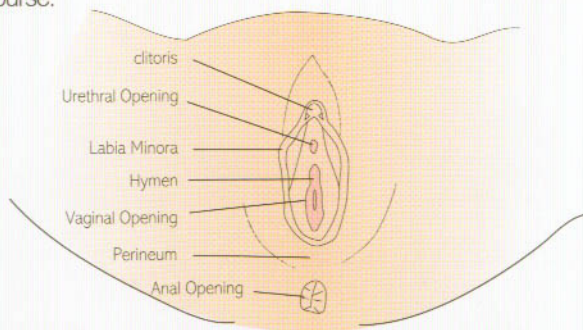
It varies among individuals. According to a survey, only 3 to 4 in every 10 women reported intolerable pain. The remaining reported mild pain, tolerable pain or painless feeling in their first sexual intercourse.

How to avoid menses during honeymoon?

- If prepare in advance, taking hormonal pills like oral contraceptive pills or pregestogens under doctor's guidance can control menstrual cycle and thereby avoid menses in honeymoon.

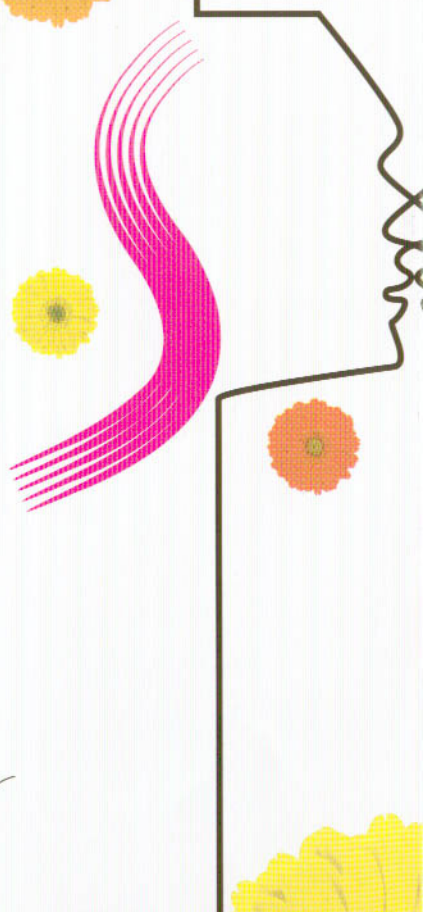
Is it true that women will get Honeymoon Cystitis easily during honeymoon?

- Many women will have an urgent desire to urinate and feel discomfort in their private parts after sexual intercourse. This is mainly due to the rigid perineum in women who have not given birth, thus allowing irritation of the bladder during repeated penile thrusting. Bacteria around perineum and anus may move upward to the bladder causing cystitis. Symptoms include frequency, difficulty and pain when urinate. Frequency of sexual intercourse is usually higher during honeymoon so as the chance of cystitis. The condition is therefore known as "honeymoon cystitis".
- Preventive measures include perineal hygiene, drinking plenty of water and voiding a fairly full bladder after sexual intercourse.



Female Genital Diagram

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What is ejaculation?

- When there is imaginative or real stimulation, the blood vessels of the penis will dilate and the penis will harden and erect. When an erected penis is stimulated by thrusting in the vagina or rubbing with hand, lubricating fluid will be secreted. When stimulations continue, men will reach orgasm and semen will be ejected out. This is called ejaculation.
- In general, ejaculation lasts for 3 to 10 seconds.

Since both urine and semen come out from the same opening, will urine mix with semen during ejaculation?

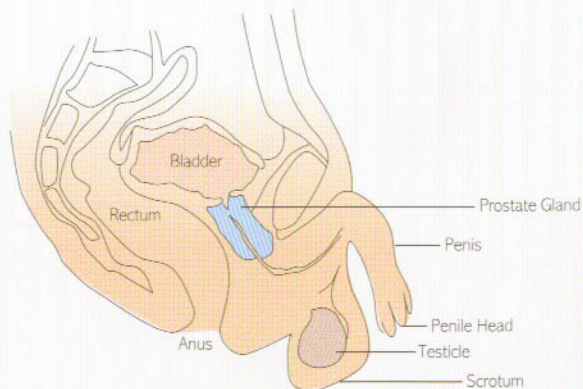
- No. Muscle in urethral neck will be closed to prevent semen from entering into the bladder and the urine from mixing with the semen.

Men will ejaculate in orgasm. What will women feel in orgasm?

- Both respiratory and heart rates of women will increase; nipples will erect and harden; blood vessels in the genital organs will dilate and the pelvic floor muscle will contract; vaginal secretion will increase. Then the upper part of the vagina will dilate and the clitoris will harden; the vaginal opening will slightly contract to prevent the penis from slipping out. Finally, orgasm comes and they will vibrate 3 to 5 or even 10 times or more.
- With continuous sexual stimulation, women can achieve multiple orgasms whilst men need to take a period of rest after ejaculation before achieving another orgasm.

Will all women experience orgasm in their first sexual intercourse?

- No, because couples are always too anxious to relax and enjoy this intimate moment. Almost no woman can achieve orgasm in their first sexual intercourse. By the third year, more than 8 women out of 10 can achieve orgasm.
- Practice makes perfect!



Cross-section of
Male Genital Organ

What you need to prepare

Do women need to use contraception when they just started to have sexual intercourse?

- If you do not want to have baby, you must practise reliable contraception, such as taking oral contraceptive pills, having regular hormonal injection, using condom or having insertion of intrauterine contraceptive device.
- If you have unprotected intercourse, or forgot your pill, or found the condom broken or slipped out, you must see the doctor for emergency contraception without delay.

Safe Sex

Proper use of condom can help to reduce the possibility of contracting sexually transmitted infections. If you have sex with more than one person, or your sex partner have ever had more than one sex partner, you must use condom.

Cervical cancer screening

If you are over 25 years old and have started sex life, you need to have regular cervical smears to protect you from cervical cancer. Service providers:

1. Maternal & Child Health Centres, Department of Health
24 hour booking hotline: 3186-6531
2. Other service providers: www.cervicalscreening.gov.hk

Pre-marital checkup and counseling

1. Woman Health Centres and selected Maternal & Child Health Centres,
Department of Health, Enquiry hotline: 3112-9800
www.dfo.gov.hk/OT/relphom/whc_e.htm
2. Hong Kong Family Planning Association, tel: 2575-4477
www.familyplanning.org.hk

Contraceptive Counseling (include emergency or postcoital contraception)

1. Maternal & Child Health Centres, Department of Health,
Enquiry hotline 3112-9800
2. Hong Kong Family Planning Association, tel: 2575-4477

