

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



Department of Health

Preparation for Your Sex Life

Will every woman bleed during her first sexual intercourse?

- Absolutely not. Not every woman has obvious bleeding after her first sexual intercourse.
- Bleeding is due to hymen breaking during penetration of the penis into the vagina. We usually refer it as "*spotting*". It is normal and generally resolves.
- Some girls may not have hymen at birth, or the hymen may have been broken already when engaging in vigorous sports. Therefore, there may be no bleeding.

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

- It varies among individuals. Only a small proportion of women report intolerable pain during their first sexual intercourse. The remaining report mild pain, tolerable pain or painless feeling.
- Applying lubricants to genitals may relieve the discomfort associated with sexual intercourse; however, if you experience intolerable pain or have heavy or persistent bleeding during or after sexual intercourse, please seek medical advice promptly.

How to avoid having menses during honeymoon?

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

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

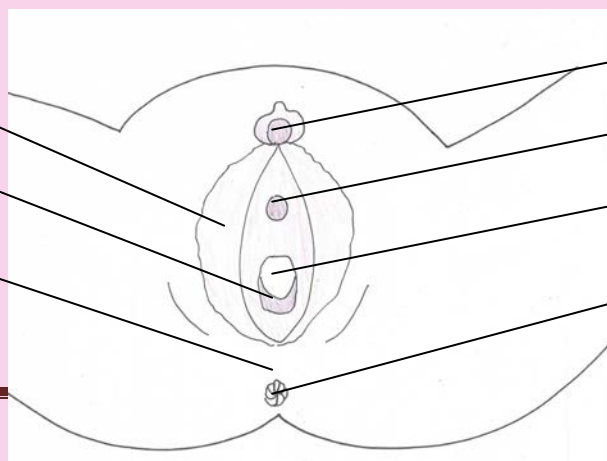
- During sexual intercourse, bacteria around perineum and anus may move upward to the bladder causing cystitis. Symptoms include frequent urination, difficulty and pain when urinating.
- There may be more frequent sexual activity during honeymoon period, and so is the chance of having cystitis. The condition is therefore known as "*honeymoon cystitis*".
- Preventive measures include perineal hygiene, drinking plenty of water, empty your bladder after sexual intercourse and avoid the habit of withholding urine.

Labia Minora

Hymen

Perineum

Female Genital Diagram



Clitoris

Urethral opening

Vaginal opening

Anal opening

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 expelled. 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?

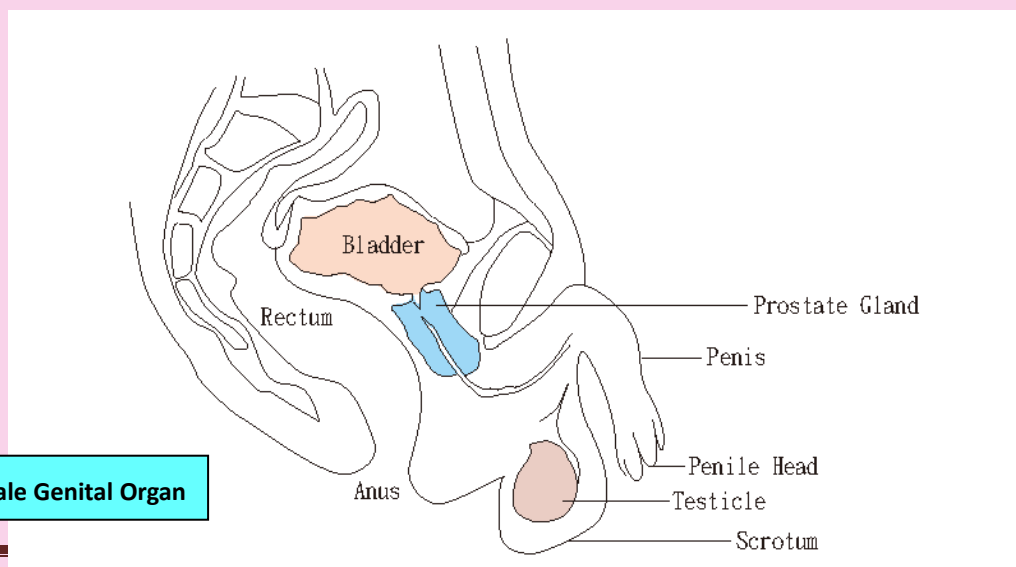
- No. Muscle in urethral neck will close to prevent semen from entering into the bladder and the urine from mixing with the semen.

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 during their first sexual intercourse?

- No, because couples are always too anxious to relax and enjoy this intimate moment. Almost no woman can achieve orgasm during 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 start to have sexual intercourse?

- If you do not want to have baby, you must use reliable contraception, such as taking oral contraceptive pills, having regular hormonal injection, using condom or having insertion of intrauterine contraceptive device.
- If you had unprotected intercourse, forgot your pills, or found the condom broken or slipped out, you must see the doctor for emergency contraception promptly.

Safe Sex

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

Cervical Cancer Screening

If you are aged 25 or above and have started sex life, you need to have regular cervical smears to protect you from cervical cancer. Service providers:


1. Maternal and Child Health Centres, Department of Health.
Cervical Screening Service 24-hour Phone Booking and Information Hotline: **3166 6631**
2. Other service providers
Cervical Screening Programme website: www.cervicalscreening.gov.hk

Pre-Pregnancy Assessment

The Family Planning Association of Hong Kong
Tel: **2575 4477** Website: www.famplan.org.hk

Contraceptive Service (Including emergency contraception)

1. Maternal and Child Health Centres, Department of Health.
2. The Family Planning Association of Hong Kong
Tel: **2575 4477** Website: www.famplan.org.hk

 **Family Health Service**
Website: www.fhs.gov.hk
24-hour Information Hotline: 2112 9900