
For more information visit:

- **Talk to FRANK**
www.talktofrank.com/contact-frank
- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/illegal-drugs-in-pregnancy

Medications

If you are taking medications for any long term conditions, do not stop taking them or change the dose without talking to your GP first. If you're not sure about the safety of certain medications, talk to your GP or local pharmacist. If you want to breastfeed, discuss any medications you take with your doctor before you give birth - to see if they are safe for breastfeeding, and if not, what alternatives you might be able to take.

For more information visit:

- **BUMPS**
www.medicinesinpregnancy.org/

Sex in pregnancy

It is safe to have sex in pregnancy, unless your care provider has advised you not to. Some couples find sex very enjoyable during pregnancy, whereas some find their sex drive changes and they don't feel like they want to as often or at all. If you don't feel like having sex, think about other ways you could feel intimate and close with your partner. Talk about your feelings with your partner and make adjustments if you need them. Your breasts may be sore and tender, and as your bump grows certain positions become more difficult. Having sex cannot harm your baby, and he or she will not be aware of what is happening.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/sex-in-pregnancy/
- **National Childbirth Trust**
www.nct.org.uk/pregnancy/sex-during-pregnancy-questions-andconcerns