

Endometriosis and Intimacy



Sex and intimacy should be a source of pleasure. Sex can help release pain-reducing endorphins and increase connection. For people with endometriosis, you may feel anxious about stress. Painful sex and bloating can decrease your desire for, or comfortability having sex. Strategies for improving sex and intimacy if you have endometriosis include:

- Get familiar with your own anatomy. Find the parts of your body where you experience more/less sensation and the times of the day or month where you experience more/less pleasure.
- Reflect on how pain, fatigue, mobility, and medications can impact your sexual response
- Communicate your desires, needs, what feels good and what may lead to pain or a flare up with your partner(s)
- Visiting a pelvic floor physiotherapist. Physiotherapy can help strengthen the pelvic floor muscles, increase blood flow and circulation, and find new strategies to reduce pain with penetration
- Look up new sex positions that take your pleasure and comfort into account on the [Pelvic Pain & Endometriosis Website](#)
- Don't forget about lubrication! Lubrication can reduce irritation, pain, and sensitivity so that you can experience more pleasure and sensation. Water-based lubricants are often the most versatile for people with chronic pain and endometriosis
- Try vibrators to encourage muscle relaxation through vibration
- Use mindfulness techniques to bring attention to the present
- Take time to rest and take breaks during sex if you need them



To learn more visit
yourperiod.ca/endometriosis

