



Intimacy & Sexual Health Discussion Guide for Medical Appointments

This guide is designed to help patients start conversations with healthcare providers about intimacy, comfort, and sexual wellbeing during illness, injury, recovery, or physical change. Sexual health is part of overall health.

Before Your Appointment

Take a moment to reflect on any changes you've noticed.

- Pain or discomfort during intimacy
- Reduced sensation or arousal
- Difficulty with movement or positioning
- Fatigue or reduced energy
- Medication affecting libido
- Emotional concerns about intimacy
- Changes related to surgery or injury

Other concerns:

Questions You May Want to Ask Your Doctor

Safety & Recovery

- Is it medically safe for me to resume sexual activity?

- Are there movements or positions I should avoid?
- Is there a recommended timeline for returning to intimacy?

Physical Changes

- Could my condition or treatment affect sensation or arousal?
- Could my medications affect libido or sexual function?
- Are the changes I'm experiencing common during recovery?

Comfort & Adaptation

- Are there ways to make intimacy more comfortable?
- Are there positions or supports that reduce strain on the body?
- Are there products or tools that might help with comfort or accessibility?

Additional Support

- Would pelvic floor therapy be helpful?
- Are there specialists who focus on sexual health after injury or illness?
- Are there educational resources you recommend?

Notes From My Appointment

Conversation Starter

"I have a question about how my condition might affect intimacy. Is this something we can talk about today?"

IntimacyRehab.com — Helping people navigate intimacy, recovery, and changing bodies with compassion and dignity.