

# sex talk.

answers to your questions about sex and relationships

## wildfact

53% of UA students who are single or dating have never had vaginal intercourse. (2010 Health & Wellness Survey, N=2,931)



**Q** When my boyfriend and I have sex sometimes he goes too deep and it really hurts. A day or two later, I have sometimes noticed blood spotting on my underwear, but it never lasts for more than a day. Could this be a serious medical problem or is it ok to let it heal on its own?

**A.** The spotting you are noticing could be due to an irritation or infection of the cervix. Sometimes during deep intercourse, the penis can reach the cervix, the lower part of the uterus that connects with the vagina, causing the pain that you describe. According to the staff at the Women's Health Clinic here at Campus Health, the best course of action is to get checked out, since a medical provider (doctor, nurse, or nurse practitioner) can do an exam to better diagnose the issue and can determine if treatment is needed.

To help prevent this from happening in the future, talk with your boyfriend (if you haven't already) about ways you can both enjoy sex that may reduce the pain and irritation you are experiencing. Chances are, he will be receptive to exploring ways to make sex more pleasurable for you and will look to you for suggestions. Different positions or changing up the pace of sex are good places to start. You might also consider using a personal lubricant to reduce friction during intercourse to see if that helps.

The Women's Health Clinic at the UA Campus

Health Service is available for a range of health issues as noted in the list below. To schedule an appointment, call 621-9202, or visit [www.health.arizona.edu](http://www.health.arizona.edu) to make an online appointment and get more information.

- Contraception (pills, diaphragms, Depo-Provera)
- Evaluation and treatment for:
  - Abnormal Pap Tests (colposcopy, LEEP, cryotherapy)
  - Cysts
  - Genital Warts/HPV
  - HIV/AIDS tests
  - PMS
  - Sexually transmitted diseases
  - Vaginal infections
- HPV Vaccine
- Menopause evaluation
- Menstrual problem evaluation
- Emergency contraception or Plan B
- Pregnancy Testing
- Routine gynecological exams
- Women's Health Issues
- Preconception counseling



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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