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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## ***Behind Closed Doors***

***The unspoken truths about intimacy, sex, pregnancy & parenting after spinal cord injury***



It is very normal to worry about sexual function following spinal cord injury and we encourage you not to feel embarrassed and to ask questions.

You can speak to any member of your multidisciplinary team, which comprises:

- Consultant / doctor
- Nurse
- Physiotherapist
- Occupational Therapist
- Clinical Educator (Anne Seaman)
- Pressure Clinic Staff
- Community Liaison Team members
- Avon Ward also have 3 Senior Nursing Assistants you can ask: Bernie, Denise and Joseph.

We also have 3 SCI peer support workers who you can also talk to.

## **Frequently asked questions by our patients on the Spinal Unit**

- » Can I still take my contraceptive pill, or what else is available?
- » Why has my menstrual cycle been affected, and will it return to normal?
- » Will I be able to conceive and deliver a baby?
- » How will I cope whilst I am menstruating / having my period?
- » Will I feel myself being penetrated?
- » Will I lubricate in the normal way?
- » Will I feel myself penetrating my partner?
- » Will I be able to get an erection?
- » Will I be able to ejaculate / “cum”/”come”?
- » Will I be able to father children?
- » How will my children cope?
- » How will I get aroused?
- » How can my relationships develop (old or new)?
- » Can I / we still be intimate?
- » How will I cope with being a mother / father?
- » Will I achieve orgasm?
- » What medication or devices are available?
- » Will I, or what if I, have a bladder or bowel accident?
- » Will I go dysreflexic?
- » What positions is it possible to have sex in?

