



Pain during sex

Pain during sex is common, and rarely something you have to accept. Describing where and when it hurts helps find the cause.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ Pain is at the entrance, when penetration starts
- ☐ Pain is deep inside, with deeper movement
- ☐ I feel dry, or sex burns
- ☐ My muscles tighten, and penetration is difficult or impossible
- ☐ Pain started after childbirth, surgery or menopause
- ☐ I have painful periods too
- ☐ I bleed after sex
- ☐ I have unusual discharge or itching
- ☐ Pain continues for hours after sex
- ☐ I feel anxious about sex, or have had a distressing experience

GET HELP NOW IF

- Heavy bleeding after sex, or any bleeding after menopause
- Fever with lower tummy pain
- Severe pain that does not settle

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



NOTES

Date	Where it hurt: entrance or deep	Pain 0 to 10	How long it lasted	Other symptoms

BEFORE YOUR VISIT

- Think about when the pain started, and anything that changed then.
- Note any contraception, lubricants or products you use.
- Any examination is explained first, and you can decline or stop at any time.
- A female staff member or nurse is present for every intimate examination.

QUESTIONS YOU MAY WANT TO ASK

- What could be causing the pain?
- Do I need an examination or tests?
- What treatment or support could help?

If sex was forced or without your consent, help is available: call 181 (Women Helpline) or 112, or go to the nearest hospital.

