Sexual Pain Worksheet

WELLFEMME
YOUR JOURNEY. YOUR CHOICE.

Sex shouldn't have to hurt - but for many women, pain with sex can become part of life during perimenopause and menopause.

Changes in hormones can affect the vaginal and vulval tissues, leading to dryness, sensitivity, irritation or pain with penetration. But sexual pain can have many causes, and sometimes more than one factor is involved.

Talking about sexual pain can feel difficult or uncomfortable. These questions are designed to help you put into words what you're experiencing, when it started and how it affects you, so you can have a more informed conversation with your GP or women's or sexual health practitioner.

You don't need to have all the answers. Simply complete the questions that are relevant to you and take the worksheet to your appointment.

Getting the right assessment can help identify what's contributing to your symptoms and what treatment or support may be available.

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Answer these questions and discuss with your GP or Women's/ Sexual Health Practitioner:

1. Do you get pain with penetration (at the vulva or vaginal entrance) or deeper inside?

2. How long has this been happening? Could you previously have sex without pain?

3. Do you have any vaginal discharge?

4. Can you or your partner feel or see anything different? (try using a hand-mirror)

5. Do your labia and vulva seem dry or fragile, or does it hurt to wear jeans/ ride a bike?

6. Do you bleed after sex? If so, is it bright red or does it look darker, like menstrual blood?

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7. Do you experience any pelvic pain? If so, when? eg. with periods, weeing, after sex, etc.

8. Can you enjoy sex and/ or become lubricated, aroused or orgasm?

9. If you answered no to question 8, have you ever been able to enjoy sex?

10. Was there any trauma to the birth canal due to childbirth?

11. Do you have a prolapse of any kind that you are aware of?

12. Have you ever experienced sexual trauma, either physical or psychological?

Other things about the pain or your sexual/ reproductive history you think may be relevant:

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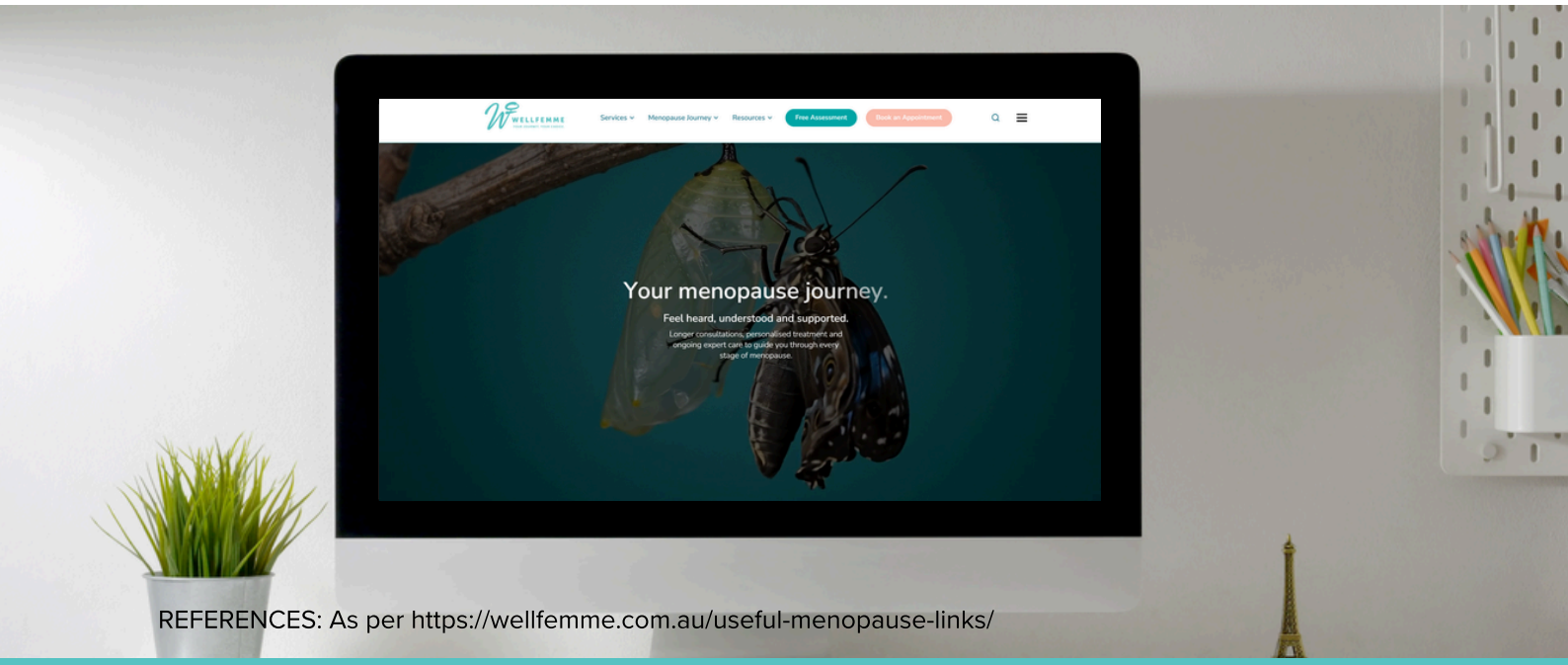
GET EXPERT ADVICE

If you are putting up with dreadful symptoms because you think MHT is unsafe, get evidence-based advice from a doctor who is knowledgeable about menopause treatments.

- **WellFemme:**
  - Blog posts, webinars, resources and Telehealth Menopause Consultations
- **Australian Government:** Information resources
- **Australasian Menopause Society:** Information Sheets
- **Sexual Health:** Information resources

For more information about how menopause and perimenopause will impact on your health, take WellFemme's free online Menopausal Health Assessment.

Scan this code to see our range of clinical services.



REFERENCES: As per https://wellfemme.com.au/useful-menopause-links/