Sexuality after a Spinal Cord Injury

Male Sexuality after a Spinal Cord Injury

- You may feel sexual sensations above the level of the spinal cord injury
- Male sexual function involves 2 types of erections—psychogenic or reflexogenic
- Most men with a complete spinal cord injury do not have orgasms or ejaculate

Female Sexuality after Spinal Cord Injury

- If needed, use a water soluble lubricant. Do not use oil-based products
- Orgasm is possible
- Sexual activity will now require planning
  - Empty bowl and bladder
  - Autonomic Dysreflexia
  - Managed indwelling foley catheter or suprapubic catheter

Pregnancy Questions

Women:

- Once menstrual cycle resumes, you can get pregnant
- Discuss birth control with your MD if you do not want to get pregnant
- Discuss with your MD prior to conceiving if you do want to become pregnant
- There are options to assist with sexuality and pregnancy

Men:

- If able to ejaculate, you need to use birth control
- Men may require a semen analysis
- There are options to assist with sexuality and pregnancy