
COSMOPOLITAN

9 common health mistakes women make after sex

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Dr Ejikeme, [medical director](#) at Adonia Medical and Aesthetic Clinic, reveals what common mistakes most women make after having sex.

1. Not having a wee

No, no one can be bothered to leave the comfort and glory of a post-sex bed, but you **really must**. Women have a short urethra and after sex, the bacteria can work its way up to the bladder leading to a urine infection (a.k.a. the pure evil that is cystitis). Peeing after sex flushes the urethra and reduces the risk of crying while weeing fire for the next three days.

2. Douching and using oils inside the vagina

Dude, vaginas are SELF-CLEANING, ok?! Using oils and douching changes your vag's natural environment and PH. This increases the risk of yeast infections which you know all too well you do not want.

3. Not wiping front to back

An oldie, but a goodie. The first rule of vulvas is you wipe from front to back. Wiping back to front pulls bacteria from the back passage towards the urethra increasing the risk of infections including cystitis.

4. Not checking birth control

You used a condom, fabulous news you are a responsible sexer. But for the love of STIs and unwanted pregnancies, make sure that bad boy's totally intact when you're done.

5. Skipping your daily pill

We're busy, right? Everyone who's been on the Pill will have probs skipped one before. If you've done this and also been banging bareback, don't be afraid of (or forget to) get yourself some emergency contraception.

6. Ignoring post-coital bleeding

Really, bleeding after intercourse should **always** be treated with suspicion. It may indicate thickening of the endometrial lining or bleeding from the cervix. If you notice this happening to you post-sex, make sure your smears are up to date and see your GP.

7. Ignoring post-coital pain

It's sad but true that loads of women suffer in silence from post-coital pain. If you have pain during or after intercourse, it should be investigated. Anything from fibroids, to vaginal dryness can lead to this and can be effectively treated so **don't just sit on it**.

8. Ignoring increased discharge

Honey, we all have it and there's **no need** to be ashamed. But at different times in the month it's normal to notice vaginal discharge changes in texture, but a darkening in colour or change in smell may indicate a yeast infection. It may also be the first sign of an STI. You can always go to an anonymous clinic to talk through your concerns or get tested.

9. Waiting for a GP appointment for emergency contraception

When it comes to emergency contraception, it's very much a case of **The Sooner the Better**. If you're worried, remember you can use the coil up to five days after the unprotected sex. And you can see a pharmacist for emergency contraception.