

Question checklist for sexuality, intimacy and cancer

Below is a list of suggested questions to get the conversation started with your health professional.

Sexuality during treatment

- Will this treatment affect my sex life, libido or sexuality?
 - What are the risks of treatment? Is there any chance this could permanently affect my sex life?
 - What can be done so I can keep enjoying sex and preserve sexual function?
 - How will this treatment affect my hormones?
 - Will this treatment affect my fertility? What can I do about it?
 - What changes are likely to be temporary? How long will they last? Are any changes permanent?
 - What treatment options are available to help with sexual issues after cancer?
 - When is it safe to have sex again?
 - When can I expect to feel like, or enjoy, having sex or being intimate again? How soon can I masturbate?
 - I want to have sex but I have no sexual thoughts and find it hard to feel aroused. What can I do?
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Side effects and safety concerns

- What sort of problems might we experience during intercourse or penetration?
 - Should we take any precautions when having sex?
 - What kind of contraception should we use and for how long? Is it safe to get pregnant?
 - I am having trouble feeling confident about my body and reaching orgasm. Will it always be like this?
 - I'm afraid I can't satisfy my partner any more. What can I do?
 - Sex doesn't feel the same as it used to. What can I do?
 - Is there anything I should be careful about when I have sex?
 - Will the cancer come back if I have sex?
 - I just don't have any feelings of sexual desire any more, is there anything that could help?
 - Are there complementary therapies I could try? Or over-the-counter products I should avoid?
 - Can you refer me to a sex therapist?
 - Will I still experience the same sexual sensations after having this treatment?
 - Will menopause hormone therapy be necessary? Or can it be beneficial?
 - I have vaginal dryness. What do you recommend?
 - Is it safe to use an oestrogen cream?
 - I have pain when we try to have intercourse. What's going on and how can I get help?
 - How can I stretch my vagina? Is it safe and who can help me learn about vaginal dilators?
 - How can I manage the symptoms of menopause?
 - Why can't I get an erection? Will this be temporary?
 - What are the options if I can't get an erection?
 - Why don't I ejaculate anymore?
 - What can I do if I have pain during sex or when I get an erection?
 - What are the fertility preservation options available to me?
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