# Safer Living after Transplant: Sexual Activity

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| **Resuming Activity After Surgery** | It is recommended to wait until your surgical wounds have healed before having sex after a transplant. This may be about 6 weeks, but will vary. Sexual activity will not harm your transplanted organ. |
| **Limit Partners** | Many infections can be spread by sexual contact (vaginal, oral, or anal). Reducing the number of sex partners may decrease your risk. |
| **Use Condoms** | Latex condoms should be used with anal, vaginal, or oral sex. Always use condoms if not in a mutually monogamous relationship, meaning you are only sexually active with 1 person and that person is only sexually active with you. Some infections, like herpes, Mpox, or human papillomavirus (HPV) may be spread by skin contact even when you use a condom. |
| **Talk, and Test** | Talk with your partner, and get tested. You should both be tested to know that neither has any infection. Talk with you transplant team about whether you can take PrEP (pre-exposure prophylaxis) or PEP (post-exposure prophylaxis) to prevent HIV or other infections. |
| **Pregnancy After Transplant** | Talk with your transplant team if you are thinking about getting pregnant. They may need to change your medications for a safer pregnancy. You are encouraged to wait 1-2 years after transplant when your risk of rejection is lower. It is very important to use birth control – preferably two methods -- until you and your transplant team agree it is safe to become pregnant. Some birth control methods may not be recommended due to high blood pressure or risk of clots. |
| **Get Vaccinated** | Stay up to date with vaccinations. Check with your transplant team if you should receive hepatitis A, hepatitis B, Mpox, or human papillomavirus (HPV) vaccines.<br><br>See the information sheet on vaccinations for more information |
| **Recurrent Urinary Tract Infections** | If you notice that urinary tract infections often happen after sexual activity, talk to your doctor about preventive measures. Emptying your bladder after sexual activity may help to clear the urethra of bacteria to reduce this risk. Vaginal douching is not recommended. |

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