

Menstruation and sex

Created 11 Jun 2009 - 3:30pm

Menstrual fluid is made up of blood, uterine tissue and other substances, and it does contain HIV, although there has been little research about the levels of [virus](#) [1]A small infective organism which is incapable of reproducing outside a host cell. present.

It is possible that there are increased risks of HIV transmission during menstruation, so barrier protection such as condoms and lubricant are particularly important.

- Using a diaphragm prevents menstrual blood entering the vagina;
- Using a tampon or a sea sponge can be helpful if you want to have oral sex during your period, but bear in mind that there may be traces of blood present;
- For women who have hepatitis C, it is particularly important to prevent others having contact with your blood as [HCV](#) [2]Hepatitis C virus. is more readily transmissible than HIV. HCV is readily transmissible through blood.

[◀ Oral sex](#) [3][up](#) [4][Circumcision](#) [▶](#) [5]

- [ANET resources](#)
- [Safe sex](#)

Links:

[1] <http://www.napwa.org.au/glossary/term/125>

[2] <http://www.napwa.org.au/glossary/term/132>

[3] <http://www.napwa.org.au/resource/treat-yourself-right/sex/oral-sex>

[4] <http://www.napwa.org.au/resource/treat-yourself-right/sex>

[5] <http://www.napwa.org.au/resource/treat-yourself-right/sex/circumcision>