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4 Reasons You're Bleeding After Sex

Bleeding after sex happens pretty frequently, but is it normal?

By Gigi Engle. April 4, 2019



4. Sexually transmitted infections

This isn't the sexiest thing you're going to hear today, but bleeding with sex can be a sign of an STI. Bleeding after sex is a symptom for everything from the herpes virus and chlamydia to cervical HPV.

The best way to prevent this is to get tested for STIs. "The goal is to prevent or find the STD or STI before bleeding or more severe pelvic inflammatory disease where pain and scarring presents," says **Rob Huizenga, M.D.**, author of *Sex, Lies & STDs*.

If you have multiple sex partners, get screened every eight to 10 weeks. If you're monogamous, it's still imperative to check in once a year.

<https://www.glamour.com/story/4-reasons-youre-bleeding-after-sex>