
Sexual health questions to ask patients

Start with:

“I am going to ask you a few questions about your sexual health and sexual practices. I understand that these questions are very personal, but they are important for your overall health. Just so you know, I ask these questions to all of my adult patients, regardless of age, gender, or marital status. These questions are as important as the questions about other areas of your physical and mental health. Like the rest of our visits, this information is kept in strict confidence. Do you have any questions before we get started?”

1. Have you been sexually active in the past year? This can be any kind of sexual activity.
 - a. If yes,
 - i. Do you have sex with men, women or both?
 - ii. Do you need any information on safe sex practices?
 - iii. Any history of STI's?
 - iv. Has sexuality changed since your diagnosis or event? Can you tell me about that?
2. Are you experiencing any complications with Sexual Desire (not wanting to be sexual)?
3. Are you experiencing any complications with sexual Arousal (lubrication, erection issues)?
 - a. Do you use lubricants?
 - b. Do you take any medications for this arousal issue?
4. Are you experiencing any complications with Orgasm or ejaculation?
 - a. Does it take longer to orgasm than it used to?
 - b. Does it take more stimulation to reach ejaculation?
5. Are you experiencing any pain or discomfort during sexual activity, including activity outside of intercourse or penetrative play?
 - a. Surface or deep, short or long?
 - b. Pain during arousal, penetration, or orgasm?
6. Any history of trauma or abuse (Assault, childhood abuse/violence)?
 - a. Would you like to talk to someone about this?
7. Do you have any questions about your sexual orientation or gender identity?
 - a. Do you have a preference of pronoun to be used during treatment?