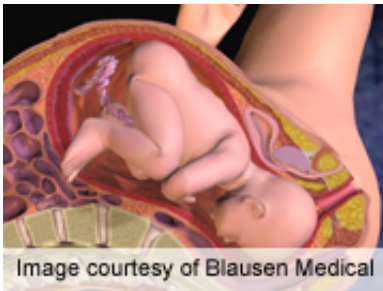


Having sex does not appear to expedite labor onset

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(HealthDay)—Coital activity does not expedite labor or reduce the need for labor induction, according to a study published online Nov. 12 in *BJOG: An International Journal of Obstetrics and Gynaecology*.

Siti Zawiah Omar, of the University of Malaya in Kuala Lumpur, Malaysia, and colleagues conducted a randomized trial involving women at 35 weeks' gestation and with an uncomplicated singleton pregnancy to examine the effect of coitus on expediting the onset of labor or the need for [labor induction](#). The women were randomly allocated to receive counseling that coitus at term is a safe, natural, and effective way to initiate labor and avoid induction (advise-coitus; 564 women), or receive advice that coitus was safe (control; 573 women).

The researchers found that the intervention-to-delivery interval was similar for the advise-coitus and control groups (3.2 ± 1.4 and 3.3 ± 1.3 weeks, respectively; $P = 0.417$). [Gestational age](#) at delivery was similar between the groups (39.4 ± 1.2 and 39.5 ± 1.2 weeks, respectively). There was no significant difference in labor induction rates between the groups (22 and 20.8 percent, respectively; $P = 0.666$). Among women in the advise-coitus group, coitus was more often reported prior to delivery than in the control group (85.3 versus 79.9 percent; $P = 0.019$). The median reported number of coital acts was higher for the advise-coitus group (three versus two; $P = 0.006$). There was no difference in pregnancy or [neonatal outcomes](#) between the groups.

"Suggesting coitus during [late pregnancy](#) to expedite labor is not effective in achieving an earlier onset of labor or in reducing the rate of labor induction," the authors write.

More information: [Abstract](#)
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