intima

HEALTH

Doctor se sex ke baare mein baat kaise karein

Ek chhoti, saaf guide: kya bolna hai, kya expect karna hai, aur aap kya puchh sakte hain.

FREE GUIDE · HINGLISH EDITION

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Aap akele nahi hain jinhe ye baat karna mushkil lagta hai.

10 mein 9

mard patients ne Switzerland ke ek survey mein kaha ki unhe achha lagega agar doctor unki sexual health ke baare mein puchhe.

10 mein 4

ne hi kabhi doctor se apni sexual life ke baare mein baat ki thi.

Us survey mein sharm aur baat na hone ke beech seedha connection dikha.

Doctors bhi kabhi-kabhi uneasy hote hain. Ek chhoti study mein 10 trainee doctors mein se kisi ne bhi admission par male patients se sexual function ke baare mein nahi puchha. Sharm aur time ki kami wajahon mein thi. Ek chhoti teaching ke baad zyaadatar ne kaha ki wo ab puchhenge.

Isliye agar doctor ye baat shuru nahi karte, to iska matlab ye nahi ki aapka sawaal ajeeb hai. Baat aap shuru kar sakte hain.

Jaane se pehle 5 minute

1. Aapko kya pareshaan kar raha hai, ek ya do line mein.
2. Kab se, aur kitni baar.
3. Ab tak aapne kya try kiya hai.
4. Koi dawai ya supplement jo aap lete hain.
5. Is visit se aap kya chahte hain: jaankari, tests, ilaaj ya tasalli.

Ye note saath le jaayein. Agar shabd na milein, to bas ye doctor ko de dein.

Ye lines aap bol sakte hain

Perfect shabdon ki zaroorat nahi hai. Ek line chuniye aur bol dijiye, ya jo likha hai wo dikha dijiye.

"Mujhe ek personal baat karni hai. Kya abhi thoda time hai?"

"Mujhe thodi ghabrahat hai, isliye maine pehle se likh liya hai."

"Mera ek sawaal meri sexual health ke baare mein hai."

"Ye puchhna thoda awkward hai, par mere liye zaroori hai."

"Kya ye normal hai?"

"Jo bhi main bataoon, wo aapke aur mere beech hi rahega na?"

"Kya ise aasaan shabdon mein samjhaya ja sakta hai?"

"Ab aage kya karna chahiye, aur dobara kab aana chahiye?"

Achha doctor personal sawaal puchhne se pehle aapki ijaazat lega aur batayega ki wo ye kyun puchh raha hai.

Doctor kya puchh sakte hain, aur kyun

Doctors ek standard checklist use karte hain jise "5 Ps" kehte hain. Ye sab se puchha jaata hai, isliye ye aapke baare mein koi judgement nahi hai.

Partners	Kitne partners aur kaun. Isse infection ka risk samajhne mein madad milti hai.
Practices	Kis tarah ka sex. Isse tay hota hai ki kaun se tests sahi hain.
Protection	Condom ya doosre tareeke. Risk kam karne ke liye.
Past STIs	Pehle koi infection ya test, taaki kuch chhoote ya dobara na ho.
Pregnancy plans	Baby ka plan hai ya nahi, aur contraception.

Kuch doctor ye bhi puchhte hain ki sex mein satisfaction hai ya koi pareshani. Ye sexual health ka normal hissa hai.

Kamre mein aapke options

- Puchhiye ki ye sawaal kyun puchha ja raha hai.
- Keh dijiye: "Main abhi iska jawab nahi dena chahta/chahti."
- Rukne ya pause karne ko kahiye.
- Puchhiye ki aapka record kaise rakha jaata hai aur kaun dekh sakta hai.
- Kisi bhi examination ke liye chaperone maang sakte hain.
- Agar comfortable nahi lag raha, to doosre doctor se milne ko kahiye.

Kab intezaar nahi karna

In mein jaldi care chahiye. Appointment ka intezaar mat kijiye.

Erection jo 4 ghante se zyada rahe aur sexual activity ki wajah se na ho. Turant emergency department jaayein.

Ek testicle mein achanak tez dard. Ye emergency hai. Jitni jaldi ilaaj, testicle bachne ke chance utne zyada.

Genitals mein dard ke saath bukhar ya kaanpna. Turant doctor se milein.

Ghav, chhale, ajeeb discharge, ya peshab mein jalan. Jaldi doctor se milein.

Aapko lagta hai ki pichhle 72 ghante mein HIV ka exposure hua ho sakta hai. Hospital ke emergency department jaayein. Infection rokne ki dawai jitni jaldi shuru ho utna behtar: ideal 24 ghante ke andar, aur 72 ghante se zyaada der nahi.

Ye saath le jaayein

- [ ] Mujhe kya pareshaan kar raha hai (ek line)
- [ ] Kab se, aur kitni baar
- [ ] Meri dawaiyan aur supplements
- [ ] Teen sawaal jinke jawab chahiye
- [ ] Mujhe chahiye: jaankari / tests / ilaaj / tasalli

Is guide ke baare mein

Likha hai Dr. Sara Alisha Khan, MBBS ne. Madhya Pradesh Medical Council mein registered, Reg. No. MPMC 31272. Online consultations intimahealth.in par available hain. Agar aap is guide ki kisi bhi baat par doctor se baat karna chahte hain, to koi bhi registered doctor madad kar sakta hai.

Ye guide general education ke liye hai. Ye diagnose ya treat nahi karti aur doctor ki care ki jagah nahi leti. Emergency mein 112 par call karein ya nazdeeki hospital jaayein. Version 1.0, November 2026. Is guide ko sources ke saath check karke update kiya jaata hai.

Sources (English mein)

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3. CDC "5 Ps" sexual history, and the National Coalition for Sexual Health tool "Sexual Health Questions to Ask All Patients" (adds a 6th P: pleasure, problems, pride).
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5. WHO Guidelines for HIV post-exposure prophylaxis, 2024; HIV.gov, Post-Exposure Prophylaxis (PEP).
6. Healthdirect Australia, Prolonged erection; British Association of Urological Surgeons patient leaflet, Priapism.
7. NHS Essex, Testicular torsion: symptoms and urgent emergency advice; MedlinePlus.