



The Prostate Orgasm

What is a Prostate Orgasm?

A prostate orgasm, also known as a “P” spot orgasm is a type of sexual climax possible in cis-gendered men and MTF transgendered individuals. The prostate is a small muscular gland that produces the seminal fluid found in ejaculate. It is located in the rectum and is surrounded by nerve endings. When it is stimulated, it provides the individual with an intense sexual pleasure.

How Does It Differ from Normal Ejaculation?

“P” spot orgasms feel similar to normal penile orgasms. However, individuals say they feel it more intensely, and throughout the whole body. Not everyone will ejaculate during a “P” spot orgasm, and instead could feel the intense sensation, followed by a dribble of milky fluid from the urethra.

How Do I Find the “P” spot?

The prostate is located about two inches inside the rectum, on the front wall towards the direction of the penis. You can try different touching/rubbing techniques to explore what you/your partner likes.

Common ones are the “come here” motion, and a continuous stop/start pressing. If the individual is turned on, it will cause the prostate to swell and it will feel like a fleshy bulb of tissue. This bulb will feel different than the tissue surrounded it.

You can also stimulate the prostate indirectly through the perineum (the skin that runs between the scrotum to the anus) by rubbing the softer and fleshier area towards the bottom.

Will it Hurt? Do I Have the Potential to Hurt Myself?

No, it will not hurt. Many individuals first express discomfort, which can be from exploring a new region of their body. However, because the prostate is located inside the rectum, it is an area that requires extra preparation and patience. The anus is not self-lubricating like a vagina would be. Therefore, any anal play requires patience first and foremost, and lubrication.

There is potential to lose objects inside of the anus. If you're using toys, the base of the toy must be wider than the part you're inserting. In terms of hurting yourself, as long as you take your time and allow your anal sphincter to relax before an object is inserted, and frequently applying lubrication; the potential of harm is extremely low.

Do I Need to Prepare Beforehand?

The individual receiving the anal play does not have to prepare beforehand. However, showering and/or anal douching is an option that makes many individuals more comfortable when their partner is exploring that area.

However, you will need to prepare to have safe sex tools (ex. Condoms), and lubrication nearby. Ensure the giving partner has clean, short nails if they plan to stimulate with their finger.

I'm Nervous There May Be Poop in There.

This is a natural worry. Generally, when we have to release a bowel movement, our brain is sent a signal from our rectum that it is full and that it needs to empty. If you do not have the sensation to pass a bowel movement, generally there should not be any surprises waiting. However, there could be small particles left remaining inside of the anus. These small particles could be removed in a good shower.

Discuss your fears with your partner(s). Generally, most partners understand that it is a part of the territory when playing in that area and are unbothered by the chances.

Am I at Risk for STI's?

Remember that engaging in any sexual act puts you at risk to STI's (Sexually Transmitted Infections).

Saliva, blood, and other bodily fluids could be present in/around the anus, which puts you at risk for contracting a STI. We recommend regular testing, asking of your partner's STI test status, sharing your status, and using protection. For protection, we have **Safe Recommendations for Anal Play:**

For Toys/Penis': Use an external (penis) latex or non-latex condom. Clean toys before and after each use, and ensure you remove the condom after play, as well as replace the condom between partners.

For Fingers: Use a finger condom. However, if you and your partner have been tested, cleared and choose to go without; You should wash your hands before any anal play to eliminate the introduction of outside bacteria into the anal cavity. Ensure your nails are clean and short to prevent any damage to the delicate skin in/around the anus.

**** DO NOT USE AN INTERNAL CONDOM IN THE ANUS****

The internal condom was created for the vagina, which ends at the cervix. The anal cavity does not have an "end cap" like the vagina, and you risk losing the condom inside of the anus.

Lubrication: There are three types of lubrication: Water-based, silicone, and oil-based. Water-based lubricants are usually the go-to. It has no rules or restrictions with what it can and cannot be paired with. However, because it is made from water, it frequently needs to be re-applied. Silicone lubrications last

must longer and they can be used with condoms. However, they will break-down your silicone sex toys.
Oil-based lubes CANNOT be used with condoms and will destroy them.

Remember:

You can stop consenting to any act, at any time if you're no longer comfortable. Stay safe.

If you have any questions regarding the prostate, anal play, STI's, or anything else sexual health related,
please contact our clinic and we'll be happy to assist you.

Sexual Health Questions? We Have Answers!

Location:

47 St. Clare Avenue, St. John's, NL, A1C 2J9

Hours:

Monday: 9am - 4:30pm

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