

# sextalk.

answers to your questions about sex and relationships

**factoid** **84% of UA students prefer not to have sex on the first date.** (2005 Health & Wellness Survey, n=2036)

**Q.** I've heard that a woman may experience the sensation of having to pee before a female ejaculation. How would she know if it is urine or actual female ejaculate? I understand that the two are similar and can be confused. Can you please clear up how to tell the difference? Thank you.

**A.** This is a good and simple question, however the answer is a bit more complicated. As you suspect, urine and female ejaculate are not the same thing. Current belief holds that female ejaculate is produced in the Skene's glands. The fluid is thought to be made up of glucose, fructose and high levels of prostatic acid phosphatase, a chemical also secreted by the prostate gland and found in male semen.

Where confusion sets in is that the Skene's glands are located in a woman's urethra. When a woman ejaculates, the fluid is expelled through the urethra, the same tube that expels urine. Therefore, it might easily be confused for urine.

Granted, it is possible for a woman to urinate and orgasm at the same time. As a result, some women hold back on orgasms to prevent this from happening. Urination during orgasm occurs most often among women who have general urinary stress incontinence – a condition where urine leakage occurs when a woman sneezes, coughs, laughs or orgasms.

Women who feel the urge to pee when approaching orgasm, but do not experience urinary stress incontinence in general, are likely confusing the messages they are receiving from the most sensitive parts of their bodies. The clitoris, which is the focus of sexual pleasure for a woman, is located only a short distance above the opening of the urethra – therefore it's hard to stimulate one without affecting the other.

The best advice to avoid an embarrassing situation, is to urinate before sex. (This is true for men as well as for women). Emptying the bladder (and the bowels) before sex will help reduce the sensation of needing to use the bathroom during sex. And as a bonus, peeing before and after sex will also help prevent urinary tract infections (UTIs).

Reference: *Go Ask Alice* website, <http://www.goaskalice.columbia.edu/>

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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