

SEXtalk)))

Answers to Your Questions about Sex and Relationships

Have a ??? Email sextalk@u.arizona.edu

factoid

Pregnancy tests are only \$5.15 at the Campus Health Pharmacy.

Q. During sex, if the male orgasms more than once and ejaculates more than once, are the latter ejaculations less potent or effective than the first one?

A. From your question, we assume that you're wondering about risk of pregnancy and whether sperm count declines with repeated ejaculation. While a few studies have indicated a varying amount of semen after repeated ejaculation, most research states that the semen volume (and sperm count) **is** depleted with frequent ejaculations.

Sperm develop in the male testes ("balls") and take approximately 74 days to mature into cells capable of reproduction. There are many sperm in a tiny drop of ejaculate. One milliliter of semen typically contains 100 million sperm, and the semen in a single ejaculation can contain 200-500 million sperm. On the other end of the spectrum, ejaculate that contains less than 20 million sperm per milliliter of semen can indicate that a man is sterile.

Although the sperm count may decrease up to 30% with daily sexual activity, most healthy males will still have sufficient numbers of motile sperm to cause fertilization and pregnancy. So, even if you have sex several times in one night and each ejaculation is less "potent", it doesn't mean that the last time you'll be "sperm-free". To avoid pregnancy, use reliable contraception each and every time you have intercourse. You can learn more about contraceptive options by visiting the Campus Health website at < www.health.arizona.edu >, click on "Health Education On-Line Library", then "Sexual Health", and then "Contraception 101 Online".

References:

Body Structure & Functions, 9th ed. Scott & Fong (1998).

Our Sexuality, 8th ed. Crooks & Baur (2001).

"Sperm Count & Frequent Sex" by Dr. Mark Perloe, www.ivillagehealth.com

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