

sextalk.

answers to your questions about sex and relationships

factoid

When asked for their opinion on masturbation, 79% of college students in a nationwide survey defined it as “healthy and/or necessary”. (Details Magazine 1997, n=1752)

Q. Sometimes when I masturbate, as I reach orgasm, I will squeeze my penis so that ejaculate does not emerge, except for a drop or two, saving myself from cleaning up a mess. Are there any repercussions from this practice?

A. What you are practicing is a forced version of “retrograde ejaculation.” During male ejaculation, the internal sphincter – a muscle located between the prostate and the bladder – closes tightly. This ensures that a man does not urinate while he is ejaculating. If the internal sphincter is too relaxed or not closing properly, ejaculate will be forced backwards into the man’s bladder rather than out through his penis. This condition is called retrograde ejaculation.

True (meaning involuntary) cases of retrograde ejaculation can be caused by a number of factors – certain medications, genital surgery, diabetes, etc. However, in your case, the condition is entirely voluntary. By squeezing your penis closed during orgasm, you are forcing the ejaculate to remain in your urethra while the internal sphincter is closed. Once orgasm has ended, the internal sphincter relaxes and the ejaculate slips back down into the bladder, leaving you with only a drop or two to clean up.

After consulting with a Campus Health physician and an urologist in the Tucson community, the consensus is that there doesn’t seem to be anything unsafe or unhealthy about this practice. Ejaculate in the bladder will not cause any harm to you. In fact, the only apparent side effect is that the next time you urinate after an orgasm, you’ll notice that your urine is cloudy due to the ejaculate mixed into it.

Have a question? Send it to sextalk@email.arizona.edu

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