

Orgasms, female ejaculation, and the G-spot, again ^[1]

Dear Alice,

I am a female and I have had these strange orgasms lately that I never had before with my partner of six years. Instead of your basic orgasm, I have very powerful ones that last forever and include a lot of liquid coming out of my vagina. I have never heard of a woman 'ejaculating' but that's what it seems like. Is this normal or is something wrong with me?

— Concerned

Answer

Dear Concerned,

Orgasms that last forever? If you're enjoying the experience, then it sounds like you've made an exciting discovery! From what you've described, perhaps you and your partner have located your G-spot and your orgasm was accompanied by female ejaculation. And though not all women have this experience, some do — which, rest assured, is both normal and healthy at any time or any age.

To understand this phenomenon better, let's talk about location and function of the G-spot. For women who report having a G-spot, it's described as a sensitive area located behind the front wall of the vagina, between the back of the pubic bone and the cervix. When stimulated, the G-spot can swell from the size of a dime to the size of a quarter. For some, fluid that isn't urine or vaginal fluid may also spurt out of the urethra (not the vagina) during an orgasm. Many women who describe experiencing this type of ejaculation report that it increases their sexual pleasure (though a woman can have a fulfilling sex life without it). And while female G-spot stimulation, orgasm, and female ejaculation can be connected, they do not always occur together.

There are several conflicting theories about the female orgasm, but most agree that female ejaculation may occur with or without orgasm from G-spot stimulation. Additionally, women may experience orgasm through both clitoral stimulation and vaginal penetration (which also may or may not result in female ejaculation). Many women report that the sensations they experience from these two types of orgasm are quite a bit different from each other. Researchers have found that many women describe orgasms due to clitoral stimulation as "electrical" and "warm," while

orgasms due to vaginal penetration are often described as being “deeper” and involving the entire body. The ways in which women achieve sexual pleasure is entirely subjective, and women may have different opinions on which type of orgasm is more pleasurable for them. Keep in mind that no type of orgasm is “wrong” or “more real” than the other. It’s all about what makes *you* feel good!

It’s also not unusual to experience different types of orgasms throughout your sexual history. It may reassure you to know that, in one study, the ages at which some women experienced their first ejaculation varied quite a bit — one woman reported her first ejaculation at age 68! So, unless the sexual activity or experience is physically painful or making you feel uncomfortable in any way (physically or emotionally), it might be best to relax, try to enjoy it, and learn more about it! Try to see if you can identify the triggers for the type of orgasm you’re describing. Don’t be afraid to explore on your own! Self-stimulation can be an excellent way to figure out what you like and don’t like, or what you might want to try with a partner. Knowing what contributes to your sexual pleasure and being able to replicate the sensation yourself and articulate it to a partner can help make your sexual experiences more enjoyable.

While many women may feel too nervous or ashamed to talk about ejaculation with a health care provider, it's good to note that research has not found that it’s associated with gynecological or urological disease. However, if you have further questions or concerns on this topic, or about your overall sexual health, you may want to speak with a health care provider. You can also check out the *Go Ask Alice! Orgasms* ^[2] to learn more!

For now, dear reader, try to relax and enjoy!

Alice!

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