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What is the G-shot? ^[1]

Dear Alice,

What is the G-shot? I heard it can boost sensation in the g-spot. I've never had a g-spot orgasm and am naturally interested. However, I'm not sure if this procedure is safe, or where to get it.

Answer

Dear Reader,

The “G-shot” is a medical procedure originally intended to help treat urinary incontinence (typically for older women), but has sometimes been used to augment the G-spot, all in the hopes of increasing the area’s sensitivity and orgasmic potential. It’s no wonder you’re curious – some claim more intense and lasting orgasms as a result of the shot (which, by the way, consists of collagen). Evidence of the procedures effectiveness is lacking as is information on its safety; however, there are numerous, non-medical ways to intensify and magnify your orgasm. But before getting to that *really good* stuff, let’s discuss the G-spot and the G-shot in greater detail.

The G-spot ^[2] is a sensitive area right behind the front wall of the vagina, between the back of the pubic bone and the cervix and it has been an anatomical topic of debate for some time — sex educators have touted its capacity as an erogenous zone, while at the same time, many medical experts have questioned its legitimacy. Some people describe G-spot orgasms as very intense and lasting longer in comparison to other types of orgasms, while others don’t find the G-spot to be a sensitive area.

Using the G-shot for the purposes of increasing sensation to the G-spot is considered an “off-label use.” This term is used to indicate that a health care provider is using a medication or device that has not been specifically approved for the current intended use by the Food and Drug Administration (FDA) — this practice is legal and used in many areas of medicine. However, by using a medical product or prescribing a drug in this way, it’s understood that s/he has based their decision on sound medical evidence and scientific research. Patients who opt for the G-shot often have concerns about their ability to orgasm and the size of their G-spot. As mentioned before, the injection is composed of collagen (similar to injections used in plastic surgery for the face or lips), and may need to be repeated every four to six months to remain effective. To date, there are no scientific studies that exist to suggest that the G-shot improves orgasmic function.

You also asked about the safety of the procedure — it can be costly and there are certainly a lot of unanswered questions that remain about benefit versus risk. Side effects and potential risks of the G-shot procedure include:

- Scarring
- Numbing
- Loss of sensation
- Lack of any change in sensation/function from pre-procedure

Another option to consider: Avoiding the medical route altogether and, instead, investing some time in experimenting, exploring, and discovering new ways to expand your pleasure, whether it’s by focusing on your g-spot exclusively or “working” on the entire package. G-spot orgasms are not particularly common and definitely not necessary for a happy, healthy sex life — everyone experiences sexual pleasure, sensitivity, and arousal in different ways and this can often evolve as we grow older. So, a word to the wise: Never stop exploring. Here are some ideas:

- Look for G-spot specific products and educational materials at adult sex toy stores like [Babeland](#) [3] and [Good Vibrations](#) [4].
- Check out these books to learn more: [The G-Spot](#) [5], [Female Ejaculation and the G-Spot](#) [6], or [Secrets of Great G-Spot Orgasms](#) [7].

However, if you want more information about the G-shot specifically, you may want to talk with a health care provider.

Here’s to healthy sexploration!

Alice!

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[6] http://goaskalice.columbia.edu/node/372562?destination=http%3A%2F%2Fwww.babeland.com%2Ffemale-ejaculation-and-the-gspot%2Fd%2F3298_c_27

[7] http://goaskalice.columbia.edu/node/372562?destination=http%3A%2F%2Fwww.babeland.com%2Fsecrets-of-great-gspot-orgasms%2Fd%2F3706_c_27

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