

Squirting for Dummies | Step-by-step Instructions

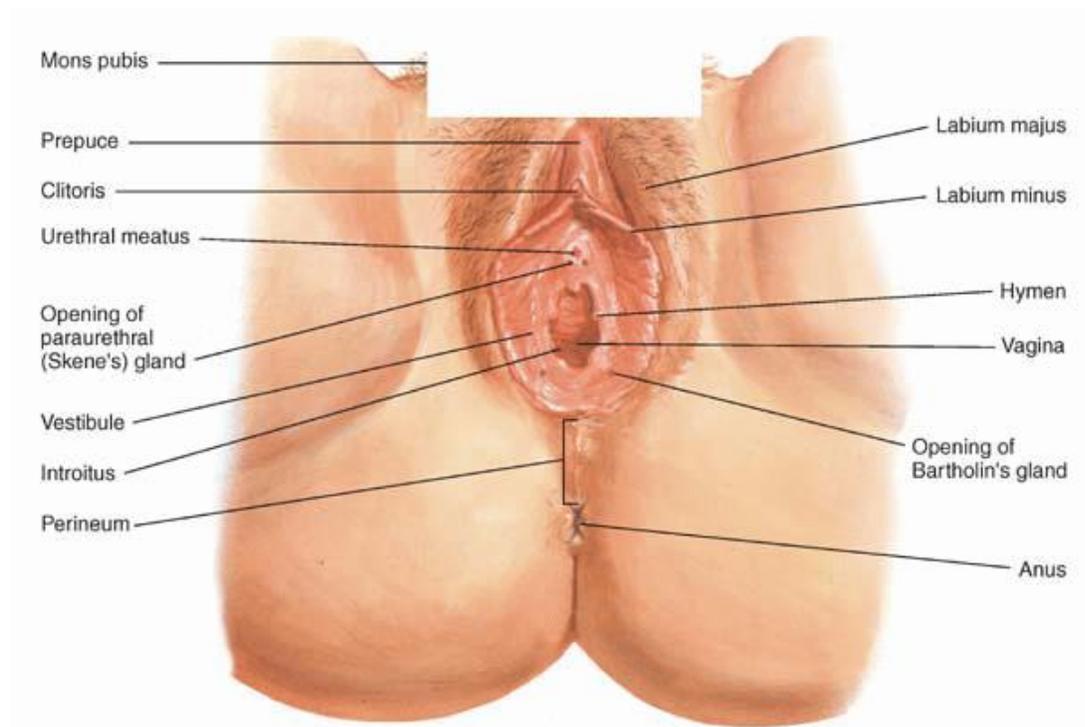
What is It?

Female ejaculation ("squirting") is the emission of fluid that builds up in the skene's glands (paraurethral ducts) with sexual stimulation. The fluid is not urine, but instead is an alkaline liquid that does not contain urea or creatinine like urine does. The fluid tends to be clear colored, sweet smelling and tasting (because it contains glucose and fructose), and it does not stain. Researchers say it is similar to the fluid produced by the male prostate (specifically the prostate-specific antigen).

The openings of the ducts (see diagram below) appear between the urethra and vagina. That is where the fluid is expelled. However, the glands run deep into the body, where they are stimulated during sexual activity. There are skene's glands located around the g-spot and located just inside the vagina toward the anus. So, it is a misconception (among many) that the g-spot has to be stimulated; some people actually prefer the other spot on the anal side.

For more background: http://www.netdoctor.co.uk/sexandrelationships/female_ejaculation.htm

NOTE: Wikipedia has a great collection of citations that gives a historical view as well.



How to "Squirt"

The most widely known instructions for creating female ejaculation involve stimulation of the g-spot. The steps are below, summarized from the site called www.learn-to-squirt.com (it's worth the registration for free access). It often takes two or three tries to work with the steps below, so don't be concerned if it doesn't work the first few times.

Steps

- 1) Empty the bladder and ***make sure you're hydrated***. Skene's glands fluid is not urine, but it's mostly water, so you need to be well hydrated ahead of time. Anecdotes of passing out due to dehydration are not uncommon.
- 2) Make sure you're relaxed. Some people recommend massage, candles, music, or even a hot bath ahead of time. Even if you're very sexually experienced, you will need to take exceptional steps to relax. Also, make sure you're not concerned about making a mess. A shower curtain under you might give you peace of mind.
- 3) Stimulate the clitoris as you normally would (e.g., with fingers or vibrator), and stimulate the g-spot at the same time, then alternate stimulation of clitoris and g-spot (this will build the most fluid). While women can stimulate their own g-spots, it's usually easier for someone else to, especially in the beginning. To locate the g-spot with woman on her back, insert one or two fingers (with palm up) into the vagina approximately 1.5 to 2 inches (up to the second knuckle). You should be able to feel a muscular, spongy spot on the upward side of the vaginal wall (toward the venus mons). While high-speed thrusting is not necessary, firm pressure is. Try an in-and-out motion or side-to-side motion. Some women have less pronounced g-spots than others, so it might take some experimentation to locate it. Also, a g-spot stimulator or vibrator can be used instead of fingers.
- 4) Continue alternating clitoris and g-spot stimulation until you feel the g-spot swell. You might even feel the skene's glands around it swell with fluid. The first time can take about 45 minutes.
- 5) When you feel the most heightened sensation, it will feel as though you have to urinate (even though squirting is not urinating). At that time, create an orgasm (e.g., clitoral with vibrator).
- 6) Push hard into the orgasm. The best position for this is woman on her back with knees toward chest.

If you try these instructions and you don't "squirt," don't worry. You will emit the fluid the next time you urinate. It is even thought that women who don't "squirt" do often feel the need to urinate after sex just to emit this fluid.

Women can have multiple orgasms with squirting, just as they can have multiple orgasms without. The amount of fluid emitted will depend on how hydrated you are, and the fluid will decrease with each time. Also, squirting can occur with or without orgasm (but it's most common with orgasm).

Many women say that orgasms with squirting are more intense than without, but everyone's experience is different.

Disclaimer: Information about female ejaculation is contested because not enough research has been devoted to it, but the above information is current "knowledge" based on available research (see links). It is still not clinically established that all women are capable of female ejaculation or that these steps would work for all women. You should always consult your physician before trying anything suggested to you that is physiologically oriented.