

## Sexual Advice Association

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## Sexual dysfunction and contraception

It is important to use an effective form of contraception to avoid unplanned pregnancy if you or your partner could get pregnant. In women contraception needs to be used until after the menopause or last menstrual period. Therefore contraception needs to be continued until she has not had a period or any bleeding for two years if aged under 50, and for one year if over 50. In men, contraception should be used at all ages unless your partner is not at risk of pregnancy such as after the menopause, sterilisation and hysterectomy. Here are some commonly asked questions about contraception by people with sexual dysfunction.

### **Can I get pregnant the first time I have sex?**

Yes, so it is important to use effective contraception.

### **Can I get pregnant if I do not have an orgasm?**

Yes, you do not need to have an orgasm to get pregnant as this does not prevent the sperm from fertilising the egg from your ovary.

### **I want to use a lubricant since sex is uncomfortable: are any better than others?**

If you are using condoms, diaphragms or caps for contraception it is best to use water-based lubricants from a chemist or supermarket. You should *never* use oil-based ones like body oils and petroleum jelly which can cause damage and split the rubber, so increasing the chance of getting pregnant. Vaginal lubricants can be used to help with vaginal dryness and therefore can potentially make sexual intercourse more comfortable.

### **Do I need to use contraception if I have premature ejaculation?**

Yes, but you may find it difficult to use a condom. It may be better if your partner uses contraception such as the pill, coil, hormone implant, injection and diaphragm. However male and female condoms protect against sexually transmitted diseases.

### **What contraception should we use, as I have ED?**

Your partner should use contraception such as the pill, coil, hormone implant, injection or diaphragm if you find it difficult to put condom on. However, male and female condoms protect against sexually transmitted diseases. Withdrawal is not an effective form of contraception.

### **Does it make any difference to my partner if I use MUSE for my erection problem?**

Sometimes the pellet you insert into your penis to get an erection doesn't completely dissolve and it may cause some irritation to your partner when you ejaculate, though not very much. It may be useful therefore, to use a condom as a contraceptive and to diminish the chance (very small) of vaginal irritation. You should not use MUSE if you and your partner are trying for a baby.

### **My new partner and I are in our early 50s. She finished her periods 3 years ago. Do I still need to use a condom?**

Yes – but not for pregnancy. Most people do not realise there is always the possibility of getting a sexually transmitted infection (STI), with any new partner, and even after she has had the menopause, and this applies both ways. It would be advisable for both of you to be checked at a clinic before you risk catching anything by doing without any protection. The incidence of STDs is rising rapidly in the over 50s in both men and women, so take care.

### **I have diabetes and cannot get an erection and have tried everything. So now I am due to have a penile implant put in. How will this affect my sex life?**

A penile implant can either be malleable rods or an inflatable device. With an inflatable device to get an erection you will need to squeeze on a pump in your scrotum. This will bring fluid from a reservoir (inserted inside your body) to inflate the two cylinders which have been put inside the penis.

After the implant is inserted, to get an erection you will need to squeeze a very small balloon in your groin which pushes fluid into two cylinders which have been put inside your penis. This will give you an erection. You will be able to have normal intercourse and after your orgasm, you then let the balloons down to get back to normal.

Since you are still able to produce sperm your partner can get pregnant if she is of child bearing age. So one or other of you should take precautions.

### **Do I need to use a condom if I use the vacuum pump to get an erection which is held with the help of a penile ring?**

Yes. If you don't, you would still be able to get your partner pregnant as you can still ejaculate.

Further information about contraception can be obtained from your doctor or specialist health professional or the Family Planning Association <http://www.fpa.org.uk/>

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