

Sexual Dysfunction Association

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Frequently Asked Questions

- 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 some 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. However, if you are not using rubber based contraceptives, oil based vaginal lubricants can also be used to help with dryness, to 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 contraceptives 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 condoms 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 to diminish the chance 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 three 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 two bendable rods or an inflatable device. With an inflatable device, to get an erection you will need to squeeze on a small balloon 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. 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/>

An invitation

..... to enrol as a friend of The Sexual Dysfunction Association. For a small annual subscription you will know that you are contributing to a charity that helps overcome the problems of male and female sexual dysfunction. If you are interested please telephone or write for an application form or complete our on-line registration form.

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