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# Anal Sex:

Is it *really* a  
*pain* in the arse?



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# Anal Sex: The **Back Door** is Calling!

**S**o you've decided to take the plunge and enter the mysterious, 'forbidden' world of anal. Good move!

It's important to remember that, whilst you might both be eager to knock on the back door, it might not be for you. Some people keep the bumhole off limits and others simply dislike this type of sex. We're not here to convince you to try it or brainwash you into thinking that adding anal sex to your bedroom



repertoire will mean you will have a more fulfilling sex life.

This anal sex guide offers advice for those who have already made the informed and JOINT decision to give it a try, or for those who have tried it but perhaps need more information about specifics. So if you and your partner are eager to tap on the back door but need to find out more, keep reading!

**“Approximately 90% of men who have sex with men and 5%-10% of sexually active women engage in receptive anal intercourse.”**

# Bum Fun Pros and Cons

When deciding whether to take the anal plunge, there's plenty to think about. We've taken the liberty of summing up a few pros and cons to help you out...



## PROS

- The anus and surrounding areas are highly sensitive and rich in nerves, which makes you feel aroused when they are touched.
- It's good to experiment.
- It could spice up your sex life.
- If you never try, you never know.
- Getting intimate in an area not normally touched can be a huge turn-on.

## CONS

- If you go in too hard straight away, you run the risk of damaging the tissue around the anus and causing bleeding.
- If you're not prepared or don't use lubricant, it can be extremely uncomfortable and even potentially damaging.
- It can be messy.
- The fear! Yes, the fear of having an unwanted extra on your tongue, toy or penis may be a turn-off!

“IF NOT DONE RIGHT, IT CAN HURT.”  
-NAOMI LEWIS

# Warm-Up



**S**o you've committed to entering the world of anal, but you're unsure where to start. There are a number of ways you can warm-up. These are not only fun and will get you experimenting, but they will also help to prepare your body for anal action.

## One Step at a Time

When starting out, you should never feel you need to bust out your best Brazilians, buy a butt plug and go straight at it hammer and tongs. It's like everything: taking it one step at a time and finding out what each other likes is far better than plunging in, doing some damage and being put off for life.

## Fingering



Anal fingering is a great way to get your anus used to being touched. Again, avoid going in too hard. We see so much anal on the TV that is hard and fast, but anal fingering is a great way to ease into it. So forget what you've seen on the pornos and prep your fingers for some



fun and gentle exploration! Don't forget that the nerves you're looking to stimulate are in the anus, so try fingering using just the tip and really explore what turns each other on.

**Anal guide hint:** We're all for fingering and exploration, but in the case of a female partner, just be sure you don't use the same finger in the anus and the vagina.

**Tip -** Difficult, we know, but try relaxing your muscles and breathe as you're being penetrated - it shouldn't hurt, the sensation is more like needing to poo!



# Rimming

**A** great way to get comfy with that area, how it feels and how your other half likes to be touched is by getting your tongue involved.

Now an anal sex guide wouldn't be complete without a little rimming advice included!

Rimming, also known as **anilingus**, is oral-anal contact using the tongue. It's an act enjoyed by many people who are looking to try something a little taboo, but it's important to remember that it's not for everyone. Some people prefer to avoid this completely as it involves getting up close and personal with your partner's anus, and can cause the hygiene bells to start ringing.

However, due to the anus being home to thousands of nerve endings, stimulating this area using a tongue can be an erotic little slice of heaven!

Getting that close to your significant other, allowing them to lick that normally



'off-limits' area and feeling their tongue in a place you wouldn't normally can be a huge turn-on and heighten the pleasure and intimacy between you both.

So your tongue's poised and ready for action but where do you go from here? Our top rimming tips could come to your rescue:

**“The anal area is jam-packed with many erotic nerve endings in both men and women.”**

# Rimming Rescue Remedy



**1** If you're rimming a female, be sure you make this the last thing you do, as this will avoid any bacteria from the anus transferring to the vagina, which can cause infections.

**2**

Don't be afraid to part hair to get closer: gaining access is important when you perform anilingus.



**3** Gently kiss and lick the area around the anus to start with.

**4**

Don't forget the perineum (the area of skin between the genitals and anus).

**5**

Slowly work your way into the anus by circling your tongue around the outer area. As you get into it, you can gradually start to suck and nibble on the anus before inserting your tongue into the outer section of the anus for maximum pleasure.



**6** Accessing the anus is easier in certain positions, such as doggie style.

**7**

If you're worried about coming into contact with an unwanted extra, try enjoying a bath before giving rimming a whirl; this can be highly intimate and great foreplay before you or your partner goes down south. Soap and water will remove anything you're worried about and eliminate your hygiene worries.

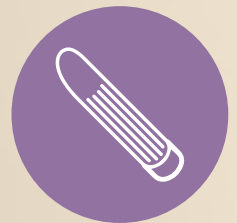


**8**

The transfer of STDs can be avoided by using a dental dam or plastic wrap as a barrier during rimming.

**9**

If you're looking for heightened pleasure and even more stimulation, try combining rimming with the use of a vibrator.



# Wet is Best!



**If you're looking to explore the world of anal sex, no doubt you have come across chat about using lubricant. This is an absolute anal sex essential.**

If you're going to take any tip away from a guide to anal sex, the use of lube must be it. Unlike the vagina, the anus

doesn't self-lubricate, so be sure to put [anal lube](#) at the top of your shopping list.

Using lube not only reduces the risk of tissue tears, it can also make for easier gliding and can contain ingredients which act as natural relaxing agents, helping to prepare your arse for action.

**Remember:** if you are trying anal sex and using latex condoms, check the type of lubricant you are using first. Not all are condom-safe.

**IF YOU'RE BAFFLED BY THE SHEER NUMBER OF TYPES OF LUBRICANT AVAILABLE, HERE'S A QUICK OVERVIEW:**

## SILICONE-BASED

- Condom-safe
- Slippery and long-lasting without being sticky
- Designed for minimal heat and friction
- Can contain anal relaxant
- Greasier than a water-based lube but lasts longer

## WATER BASED

- Condom-safe
- Smooth and slick
- Easy to wash off
- Likely to need reapplication
- Many contain glycerine, which can react to a woman's vagina (be sure to clean up afterwards)

## OIL BASED

- **Corrodes latex – not condom-safe**
- Some ingredients can affect a woman's vaginal health, so clean up afterwards!
- More oily/greasy than silicone or water-based lubes





**DID YOU KNOW?** NATURAL VAGINAL WETNESS CAN BE AFFECTED FOR SO MANY DIFFERENT REASONS, INCLUDING HORMONAL CHANGES, MEDICATION AND FOLLOWING THE MENOPAUSE.

**Tip - Thicker lubricants have been recommended for anal sex as the tissue around the anus is thinner than other areas, like the vagina**

#### **Don't Take It Personally**

For heterosexual couples, if your lady friend suggests using lubrication, it doesn't necessarily mean that she isn't completely turned on.

It is far safer to use lubricant with anal. Don't forget that the anus doesn't self-lubricate, unlike the vagina.

Lubricant will make things more comfortable for your partner and stimulating for you both. You could even try dabbing a touch of lube on the inside of the condom; this will make it feel more like you are going in bare.

**Tip - The KY Jelly knocking around your mum's cabinet isn't designed for sex; it is more suitable for clinical uses, and it won't stay as slippery for long.**

**Bang Booty Anal Glide** is a brand new product formulated by Pjur in Europe. This premium silicone-based lube contains concentrated jojoba extract to aid relaxation, so it makes it easier to slide into action.

The silicone formula is slick to the touch and long-lasting but isn't sticky, so you won't be interrupted by the frequent need to reapply it and can concentrate on the fun you're having instead!



# The **MEDICAL** Stuff

**N**ow we know you're eager to give this a try, and we don't want to sound like we're sucking the fun out of it and going all medical on you. However, there are some key health and safety tips about anal that need pointing out.

The possible health risks and safety advice apply to both heterosexual and homosexual couples, so please read carefully.

It's easy to get carried away, but after you've enjoyed anal, avoid putting



**your penis into the mouth or vagina afterwards; this can transfer bowel germs to the bladder, vagina or vulva.**

**Lube up: as we said before, wet is best! Using plenty of lubricant will not only feel great but also significantly reduce the risk of tearing anal tissue.**

**Be safe and use condoms for obvious reasons.**

**Get your lube right! Remember oil-based lubricants corrode latex, so with latex condoms stick to water- and silicone-based lubes.**



Try to breathe and relax as much as possible before the penis is inserted, as this will also help to reduce the risk of tissue tears.

Try taking a warm bath before getting down and dirty; alternatively, lying on your stomach may help make insertion easier.

Make sure your anal area is clean and your bowels are empty beforehand; this will help with

- 1.) any embarrassment,
- 2.) making it a nicer experience for you both,
- 3.) reducing the risk of the receiving partner passing anything unwanted during sex and
- 4.) being safer.



**Remember: stop if anal sex becomes painful.**



If you notice bleeding after having anal sex or you notice sores or lumps around the anus, see your doctor as soon as possible. More about this in the [Seeking Advice](#) section.

If you notice any discharge coming from your anus following anal sex, seek advice from your doctor as soon as possible.

There are a number of reasons why bleeding might occur following anal sex; see the [Seeking Advice](#) section for more info.





# Potential *Health* Risks



Human papillomavirus (HPV) can be transmitted during anal sex, which can also lead to anal warts. Certain strains of the HPV virus have the potential to provoke cancer (carcinogenic potential). It is important to play safe, have anal sex with one regular partner and preferably use a condom.

Hepatitis A: this infectious viral infection is not usually life-threatening but can cause jaundice and sufferers can feel ill. It is transmitted through oral-anal contact.

E. coli – this can cause mild to severe gastroenteritis (stomach and intestine inflammation causing diarrhoea and vomiting). It is rarely fatal, but it's one of the many types of bacteria and viruses that can be transmitted through oral-anal contact. It can also cause urinary tract infections (UTIs) and can cross between the female's anus and the opening that urine passes through. This transfer can be encouraged if anal sex is followed by vaginal sex, so if one of you is a woman, be sure to avoid vaginal after you have explored anal.

Hepatitis C: although transmission of this is more common when sharing equipment for intravenous drug use, this disease may be transmitted through anal sex.

Serious injury from anal sex is not common, but it can occur, so be careful and keep a close eye on things.



# Sexpert Advice

**W**ell, you've heard stacks of info from us about lube, warming up and the dos and don'ts, so now we hand over the anal sex guide reins to a sexpert in the form of dating and sex blogger Naomi Lewis.



## 1. What are your general views on anal sex?

I'm all for experimentation. I'm always going to advocate 'standard' sex because, well, it's great, but I wouldn't turn my nose up at someone who wanted to try something different, like anal sex.

## 2. What advice would you have for couples wanting to try anal sex but not sure where to start?

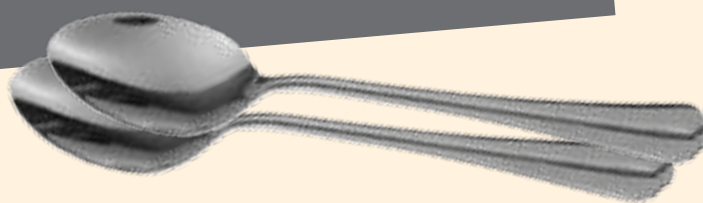
Don't rush it! Make sure you're clued

up on what works: lubrication, toys to try it out, etc. Oh, and be certain it's something you BOTH want to try out!

## 3. Do you have any advice on warming up for anal sex, e.g., rimming, fingering, etc.?

Foreplay is the key to enjoying anal sex, alongside a whole lotta lubricant!

**“INDULGING IN ANY SORT OF SEXUAL ACT IS A MATTER OF CHOICE SO IF YOU DECIDE TO LET SOMEONE ENTER YOUR EXIT, BE SURE IT'S ON YOUR TERMS AND PREPARE YOURSELF FOR ALL EVENTUALITIES!”**  
**-NAOMI LEWIS**



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#### 4. In your opinion, is anal sex still a taboo, and if so why?

Yes and I think it'll be a long time before people think otherwise. Sure, it's unconventional, but what isn't these days? I find it funny because it's all very naughty to have anal sex yet it's perfectly acceptable to put a penis in your mouth. Anything not 'standard' or 'missionary' is taboo, it seems.

#### 5. Do you have any specific advice on safe practice and hygiene?

It sounds gross but it's totally worth making sure you're actually clear in the region, as in you're not gonna need to go to the toilet. As you can imagine, it can get pretty messy if you've not been! I'd also suggest wearing a condom for obvious reasons.

#### 6. What do you think are the main reasons for people avoiding trying anal sex?

It's still quite taboo in the sex world and, to be honest, if people weren't



intimidated by the thought of something entering somewhere predominantly classed as an exit, I'd be worried!

#### 7. Do you have advice on starting off to working your way up to full penetrative anal sex?

Start off with foreplay and work your way up. I'd even go as far to suggesting experimenting with anal toys.



# Positions, Positions, *Positions*

**N**ow you're probably thinking, 'OK, we're ready to try this, but which position is best?'

Yes, there's doggie style, which seems to be the default assumption when it comes to anal. Doggie can give you great access, but the 'spooning' position can offer you intimacy too

Remember to take care, not to skimp on the lube and to try to relax the anus as much as you can.



**“ FIRST-TIMERS SHOULD DEFINITELY TRY ‘SPOONING’. PEOPLE ALWAYS ASSUME THAT DOGGY STYLE IS THE GO-TO POSITION FOR ANAL SEX, BUT I PROMISE YOU: WITH THE RIGHT AMOUNT OF LUBRICATION AND FOREPLAY, ALONGSIDE LYING ON YOUR SIDE WITH A MAN BEHIND YOU CAN BE PRETTY INTIMATE AND ENJOYABLE!”**  
**-NAOMI LEWIS**

# Technique

**I**nstead of going in all gung-ho, think gentle: when it comes to trying anal sex, the partner inserting his penis must be gentle with the thrusting. This is because the receiving partner's sphincter will have a bit of a shock and need time to relax. Don't worry: over time this may become much easier.



If you're having anal sex with a woman, additional stimulation will really help to drive her wild during. Whilst anal can feel awesome for a woman, anal stimulation is unlikely to be enough alone to make her climax.

Try stimulating her other areas during sex, whether that's vaginal, clitoral or a cheeky nipple tweak. Adding these other types of stimulation into the mix is sure to pleasure her even more whilst you enjoy exploring a different area to the norm.

For both homosexual and heterosexual couples, control of the penis is key... The first time you experience anal penetration, it is good to be in complete control of the man's penis so you are able to gauge pressure, pace

and position and make sure you are comfortable with this.

## **Take Your Time**

When you're guiding his penis in, take your time. It's not a race and it might take a bit of time to get the positioning right so you're both feeling comfortable. If once you start you are finding it is too painful, make sure you stop.

**Remember - If you decide it isn't for you, don't feel it impacts upon the level of intimacy you can have with your partner. Like we said at the start, everyone is different and each person has different things that make their boats float.**



# Keep *It* Clean: Hygiene

**W**hen it comes to anal sex, hygiene is key. At the end of the day, no one is going to relax if they feel unclean or at risk of any unwanted surprises surfacing between the sheets.

If anal is done in the right way, you reduce the risk of unwanted infections and make for a far more pleasurable experience overall.

The key here is to relax as much as possible. Try taking a nice warm bath beforehand; this will be relaxing and ensure your anal area is clean and could



also be a nice situation to kick things off and get foreplay going.

Get your anus clean and make sure your bowels are totally empty before you embark on your anal adventure!

**“IT’S TOTALLY WORTH MAKING SURE YOU’RE ACTUALLY CLEAR IN THE REGION, AS IN YOU’RE NOT GOING TO NEED TO GO TO THE TOILET. AS YOU CAN IMAGINE, IT CAN GET PRETTY MESSY IF YOU’VE NOT BEEN! I’D ALSO SUGGEST WEARING A CONDOM FOR OBVIOUS REASONS.”**  
**-NAOMI LEWIS**

# Sex Toys & Anal

**W**e mentioned earlier that the use of sex toys during anal sex is a great way to intensify the pleasure and add to the overall experience.

If you decide to use a sex toy to enhance your anal experience, follow these tips:

- Keep your sex toy clean
- Make sure your sex toy is washed carefully between uses
- For extra precaution, condoms can be placed over the sex toy
- Butt plugs and anal vibrators are designed for the anus and have bigger bases; if you use these, there is much less chance of 'losing' them inside your rectum than unregulated objects and smaller vaginal vibrators

Make sure you're squeaky clean and ready for action with [The Mighty Douche](#) - The diddy anal cleanser with epic force.



**“START OFF WITH FOREPLAY AND WORK YOUR WAY UP. I'D EVEN GO AS FAR TO SUGGESTING EXPERIMENTING WITH ANAL TOYS.”**  
**-NAOMI LEWIS**



# Been There *and* Done That: Real-Life Enthusiasts

**T**he best way to educate about anal is to present some real-life stories from those who have been there and done it.

An anal sex guide with real talk from real people is what it's all about, and we called upon our valued customers to reveal their real-life anal anecdotes.

Whether it's a funny story, real-life tips or advice, we asked them to reveal all, and here's a small selection from the horses' mouths!

## DID YOU KNOW?

'I love anal sex; it makes me so wet.' Some women find anal really pleasurable, so don't knock it until you've tried it!

## TIP:

Go gently, use lube and start slowly! It might also be useful to have a sense of humour; it'll relax you both and might help!

## JUST FOR FUN!

'Me and my partner were having sex; he was on top and he was going fast. He pulled out and pushed in quite fast, missed my vagina and went in my bum without warning. I was in so much pain, and stopped breathing for a few seconds. He was panicking, phoned an ambulance and had to explain what had happened! When we think about it now it is so funny. We have a right laugh over it; the ambulance man's face was a picture. So I can definitely say that, yes, it hurts.'



# Seeking Advice

**I**f you have had anal sex and are experiencing any kind of discomfort or pain, it is important not to delay and to get it checked out as soon as possible...

It may feel embarrassing to you, but there are medical professionals who see this sort of thing every day, and it's important you get yourself looked at if you think there might be an issue.

## What can be causing the bleeding?

There are a number of reasons why bleeding can happen after anal sex. It could be down to a tear or haemorrhoid, or due to something more serious like



a perforation (hole) in the colon. This last scenario will need urgent medical attention so be sure to keep a close eye and seek advice should you bleed following anal sex.

## Who can I/we speak to?

Head down to your local genitourinary medicine (GUM) clinic. They will give you a thorough rectal examination, offer advice and conduct any tests they feel are required.

**Remember - there is no need to be embarrassed; these guys see this sort of thing day in, day out. It is far more important to get looked at straight away then being worried about someone examining your behind.**

# Buzzing to Be Anal Bound?

**T**here you have it: a whistle-stop, sphincter-tingling tour. When it comes to starting out, it can seem like a bit of a minefield and that you're going in blind, but with the right attitude, playing safe but not being afraid to experiment and widen your horizons, anal sex could be a welcome addition to your relationship and a type of intimacy that cannot be matched.

Remember, anal isn't for everyone, but after reading this you may be ready to break this taboo and adopt the 'don't knock it till you've tried it' mindset. We hope this cheeky guide to anal sex may make you ask the question: is anal sex really a pain in the arse?

## Have fun!

We'd love to hear from you about your real-life tales, experiences or comments. You can share the guide and enlighten your friends by using the social share buttons below:



## SOURCES

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