Ask the Sexpert

Sexologist Rachael L. Ross, MD, PhD, a.k.a. Dr. Rachael answers your questions.

December 2, 2009 By Rachael L. Ross, MD, PhD

What is female ejaculation, and how prevalent is it?

Female ejaculation is becoming one of my most frequently asked-about topics. Research indicates that 10 to 40 percent of all women ejaculate. Popularly known as squirting, it regularly occurs, producing fluid in small volume.

The porn industry, however, has glamorized the idea of women regularly squirting large amounts of ejaculate 10 to 12 inches into the air. (This is an exaggeration.)

But most women are oblivious to these secretions because only a small amount of fluid is ejected. The Skene's glands produce this watery substance. It's very similar to male semen except women don't make sperm. (Skene's glands are located close to the urethra—the tube through which urine passes.)

Female ejaculation occurs when pressure is applied to the roof of the vagina or the G-spot—a sensitive area in this location. When a woman is sexually excited, applied pressure causes the Skene's glands to fill with fluid. If the clitoris and the G-spot are massaged simultaneously, it triggers an orgasm, and the pressurized fluid squirts out of the urethra.

Relax, you haven't urinated on yourself. An orgasmic ejaculation with a loving partner is a beautiful thing.

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