PSA: It takes 3 to 6 months to become sterile after a vasectomy. Men must show proof of testing too! Hello! Full disclosure Im a man (With a vasectomy). I wanted to give some additional information intended to fully flesh out the post about not taking a man at his word about being snipped. It is standard with most doctors in most states to get two sperm tests with a reputable company at 3 and 6 months (and sometimes a year) post op. Until you show you have no sperm in your semen twice with that time gap you are not considered sterile. EVEN IF A MAN HAS PROOF OF THE SURGERY ITSELF HE MUST SHOW YOU PROOF OF THESE TESTS! Otherwise he can very much still get you pregnant. It can and does happen. For reference this is what my documentation looks like ( https://imgur.com/a/75M1rJZ ) Its also worth noting there are two types of vasectomies. One cuts the vas deferans in the testicals, the other farther up in the groin. The latter is more permanent and less likely to fail. Not all vasectomy scars look the same. I got the former as I wasnt aware the second option existed at the time. I have two scars but they are so faint now I can barely even tell they are there after only a couple years of healing. Scars should never be viewed as proof of sterility nor are scars always in the same place or as pronounced. On average the failure rate with a vasectomy is about 0.05%. For comparison, condoms have a failure rate of about 12%, hormonal birth control has a failure rate of about 7%, and non hormonal IUDs about 0.1%. These numbers are calculated as if a couple regularly has sex using only this type of contraception what percentage of them will get pregnant at some point in the next year. Stay safe out there I hope this was helpful. Best $600 I ever spent 800 for me but seriously when you factor in the cost of child support or raising the two kids familys have on average the profit margin is absolutely ridiculous. I was never keen on making my own kids anyways. I want a whole pack of special needs dogs :,) As the soldiers say, sometimes you have to buff the bayonet... I am scheduled for the 6th for a consultation. Cant wait. King shit Getting mine the 28th. This is helpful, thanks for sharing! King shit! Women everywhere are thanking you right now for this information. Thank you so much for sharing that info and what your certificate looks like. This is crucial information. I did not get documentation from my urologist that I am sterile. I was his 4,000th vasectomy (my prize was not impregnating my partner), and when he checked my semen a month later, he said that he had never seen swimmers after seeing semen this barren. I trust him, but that slip of paper would have been nice. Moral of the story: ask for the documentation! Can you not just contact him for documentation now? I plan to, but it has been four years. It will be easier to get a new test. 40 dollars in canada as a non citizen 😬, i hope you can fix the glaring issues facing the common person down there. Alot of people convinced of a lot of wrong things. Good luck Americans FYI, this must vary from state to state or doctor to doctor. I only had a single test, about 3 months after the procedure. Incredibly important information! My sister just had a baby and the father is someone who had a vasectomy. He didnt wait, he didnt get the tests and now they have a child together even though he thought he was sterile. Post this on r/YouShouldKnow Edit: wrong sub name 11yrs and counting. Best thing I ever did for myself. Fewer than 15,000? Im not sure I feel comfortable knowing that some remaining sperm can be listed as none seen Either his doctor was straight up negligent or far more likely he thought he knew better than his doctor. Men are such stupid horny little sex goblins. Dont get me wrong Im also a stupid horny little sex goblin but I listen to people who know more than me lmao Poof mine is going to cost $1700. Still better than child costs but a definite hit in the wallet I had a vasectomy - IT DID NOT WORK I had to go in for a second one, the guy said its single digits the times the first one didnt work but it does happen. He explained that on rare occasions men have essentially a secondary set of tubes that are so thin theyre undetectable and for those people you just dont get to have one. When they are cauterizing, its gotta be seriously thorough because sperm are small and just need a teeeeensy spot you missed to get through. Also - they are essentially not reversible. He said whereas getting it is local anesthesia, to try to undo it, you go under full anesthesia and its maybe a 10-15% success rate. Do not plan on just undoing it later if you change your mind. If you go watch an animation on what they do youll see how serious it is. So worth it though, as someone who has 0 desire to have kids, the ability to not get people pregnant feels like a superpower. Called my insurance to see if they covered it, said they needed a reason, said I didnt want kids and they said that was good enough. didnt even have a copay or anything for the surgery, paid 50 for consultation. BCBS if that helps anyone Wow thats awesome Yeah, I saw someone else on here say they got pregnant after sex a week after the vasectomy, and I just have no idea how that happens. My doctor was clear it would take months to be sterile, I cant imagine any doctor wouldnt be upfront about it given how litigious America is. Its 1 test at 3 months here and a confirmation by phone call from the doctor. ( My experience). No documentation. The lab work requisition form is filled out by the doctor This is in Canada though. Youll have to be more specific than that. 🧐 The failure rate is about 1/2000. You can get the vas deferans cut further up in the groin which is less likely to fail. And I was told by my doctor that its an 80% success rate reversing it. But thats still too low for vasectomies to not be considered permanent. So as a guy that has recently considered getting a vasectomy, can you eli5 why it takes so long? Yep. You have to complete 2 negative tests in a row before you stop using other birth control. My brother and a friend found this out the hard way. It took about 4 months for my 2 blank shots to make it. Best decision ever. My guy was admittedly slightly disapproving of the fact I was having one without having had kids first. So he might have tilted the scales on likelihood of reversal. Still a full procedure, though, and not a guarantee. I had been under the misconception it was like oh yeah, let me just hook these back up! haha Hate to break it to you m8 but Ive litterally never had this problem despite two years of sexual activity and a dozen ish partners post vasectomy. Unfortunately most of them very much believed me at face value which is why posts like the warning women to demand proof are so important. OP is dope. Thanks for sharing. I am still thinking about another kid but ready to do this once Ive had or decided not to. Aye. Also risks vs if my wife was to get tubal, ill take risk. Minor surgery i had in 5mins with ice pack as my friend for 2 days compared to major surgery that potentially is deadly and life altering. You can also harvest sperm via needle even after vasectomy if you really want. Its costly but i still consider it best option. Same experience with my Doc in the US. Its not even in my online chart. Holy shit. Mine was cheap or free (I dont remember) Health care is fucked up. Thank you! Information is power. Theres also another thing that can happen called recanalization, which is basically when the vas deferens heals itself. Its super rare, something like 1/4000 odds, but it happens. If you were a woman, of course, all kinds of questions. Papers. Steps to take. Thanks for letting us know how it is so much easier for men to get sterilized than for women. And thank you for getting this procedure. Your swimmers can find ways around blockages, they evolved to do it. They can hang out in your vas tubes for days after ejaculating. Also some dudes have secondary sets of tubes that can only be found under carful scrutiny. Essentially if you still have swimmers at 3 months with your checkup the doc goes back in and sees whats up. My best friend in college told me that when he was 16, he would have fucked a dog, he was so horny. I explained to my teen daughter that dudes can be like this. Even the nicest, most responsible guys. We were listening to NINs I want to fuck you like an animal. I said thats what is in every guys mind. It just is. Shes a grown woman now with a decent, kind boyfriend. She still believes it. Take this with a grain of salt, because I have no idea where I learned this so I might have just imagined it. But I think its because there can still be sperm left in the tube, and even though you arent pushing any new sperm trough, they can still end up coming out and it only takes one to get pregnant. And since youre not pushing anything new through the tubes you just have to wait for them to die. My husband wrapped his results up and gave it to me as a gift... I framed it My brother had a vasectomy when he realized he was a carrier for a severe neurological disease. His second daughter had severe deformities and lived in constant pain for much of her short life. Self-sterilization is the #1 form of birth control in the US, and certainly the best for men. Except you can still get and transmit STDs, but in a committed relationship, the dude is the hero. Yes. Definitely verify, dont just trust a man. My friend has a 12yo oops baby from a guy who had a vasectomy. Never seen a dime of child support either. Apparently all a guy has to do is not answer the door when the state tries to serve him papers. You have a round in the chamber, so to speak. The recommendation from my doc was test after 20 ejaculations and 30 days to ensure everything is cleared out. That being said Im making an appointment for another check in light of

Is it overkill for me to want to keep using condoms in addition to an IUD in a relationship? I would like for both of us to get tested so we dont have to worry about STDs but I dont want to stop using condoms because I like the idea of back-up contraception. If one of the methods fails we can rely on the other method. I dont want to get children and I would like to avoid an abortion. I mean this in the nicest way...are you ok? You keep posting the same things and youre not even sexually active No, do what you are most comfortable with. You do you dude. This is nice to hear from a female perspective ! Not overkill. Neither IUDs nor condoms are 100% effective, so it makes sense to be extra sure to avoid pregnancy. If youre interested in going without condoms sometimes, I recommend looking into fertility tracking (not just tracking periods.. this is daily tracking of ovulation). Thats what my husband and I do. We use condoms on fertile days and dont bother with them on non-fertile days. In right years of being together, Ive gotten pregnant twice.. on days that we were intentionally trying to conceive. If you want to learn more, the book Taking Charge of Your Fertility is very informative. Seems like OP has lots of fear regarding STIs given the frequency of posting. Having been given a heavily sex-negative education, myself, I think its pretty natural to have that fear. Especially if you havent had sex yet. OP, I would say you should do whatever makes you feel safest and most comfortable having sex. An IUD \*and\* condoms is not too much. If that makes you feel safest, do it. And have fun :) But posting things constantly to what purpose? She can do what makes her comfortable, but this is clearly anxiety beyond a reasonable level Purity culture has done a lot of damage to peoples psyche. Ayyy can recommend, too! Also, combining birth control methods is totally legit! Not overkill in my book. I heard too many stories of one or more methods failing. I insisted on two AT LEAST and didnt relax til I got all my equipment OUT. From OPs post history, she appears to have OCD and is fixated on STDs right now. As long as you feel safe! If it makes you have piece of mind to he extra cautious there is nothing wrong with that at all. Do what you feel is right Just be aware that the strings on an IUD generally hang out of the cervix a few mm. There is a chance they would puncture the condom. Is it overkill? Maybe, but you have to do whatever makes both partners feel safe. [deleted] You need to sit down. Condoms suck, but unintended pregnancy sucks a thousands times more. Condoms are not just about std protection. Unfortunately, no birth control method is 100% effective, so it makes sense to use two methods when possible. Protecting oneself from unintended pregnancy isnt selfish by any means. Its responsible. Wanting to be safe for your own peace of mind isnt selfish and using extra protection is definitely valid. Not trusting single contraception method doesnt mean you dont trust your partner. I agree with you. We can answer all of her specific questions, but that doesnt address the core issue. OP needs therapy and potentially medication (or an adjustment to current treatment) to deal with her anxiety. If she doesnt treat whats actually going on here, the pregnancy/STI focus will just be replaced with something else. [deleted] The doctor told me that the strings are too soft to puncture the condom Completely agree Thanks a lot No, there things like STDs or UTIs. Also, it reduces the risk of getting the HPV of your partner - the risk might not be zero, but reduced. Not overkill!! Its good to be safe not overkill u can still get an std Not overkill at all. Ive always used condoms despite being on the pill, and its not something I ever compromise in a relationship (even if weve been together for a couple years). I very much would not do well with a pregnancy, and I know an abortion would be an ordeal in my state. Im always extra safe. You 100% stick to your guns, whatever makes you feel comfortable is fine and your birth control is your choice; if thats condoms and an IUD then nobody else gets a say in that. Totally get your point. I do the same. Same - Been married 5 years, we just recently stopped using the pill in addition to condoms every time. Still using condoms. I got pregnant on an IUD. No. It is not overkill. Its very sensible! No. I know people who were conceived after both a vasectomy and tubal ligation Whatever makes you feel comfortable and secure is not overkill, two contraception methods is always recommended. Its not overkill. My wife and I still used condoms until we were ready for kids. She was on the pill, I used condoms. Totally normal and fine. Better than having kids earlier than you want them. Of course its not overkill, also makes clean up much easier and less your problem. no, I think using two forms of birth control should be the norm Not overkill at all! Thats what my partner and I do. Also, condoms really expedite the clean up process! No more waddling to the bathroom and waiting for everything to finish dripping out. I had a vasectomy three years ago, and my wife and I still use them. Nothing is 100%, plus they help cut down on the mess... Hell I got a vasectomy and still use condoms regularly. STDs bad, and condoms make cleanup a breeze. No I prefer to continue using condoms. It never hurts to be safe, cause if I \*did\* get pregnant with an IUD, I probably wouldnt notice for a while. I havent had a period in years, and Im not that observant. Id hate to be one of those TLC women. Plus, I prefer the lack of mess and the reduction in smell anyway, so its a super nice bonus! I dont want to be the one to bring it up, but yeah. A LOT of people contract STDs from what they \*thought\* was a monogamous relationship. Its really no guarantee. Its definitely something to at least consider. ofc and thats why its important to use condoms Not overkill! Whatever brings you peace of mind and comfort is completely ok! Fuck it, wear a helmet if you want. Whatever youre comfortable with. If you absolutely dont want a baby, SAFETY FIRST!!!! your body your choice!

Spermacide Contraception? Are these effective and safe? Anyone have any familiarity with VCF Vaginal Contraceptive Pre-Filled Gel Applicators. My new partner says he will not use a condom but has these spermacide contraceptions for women? I am perplexed and never heard of this. He said he was tested after his last partner so he is clean… but idk I am not on IUD or birth control pills so I would feel more comfortable with a condom? They are meant to prevent pregnancies, not STDs. Are they safe and effective as the only birth control? As a note I turned out to be allergic to spermicide so if after using it you feel weirdly itchy or dry do not continue to use it like my dumb younger self lol [deleted] Arent they to be used in conjunction with a cap to cover the entrance to the cervix? Im not sure, Id recommend researching Yeah . . . no. He doesnt get demand that condoms arent required. This is a deal breaker. Id go so far as to suggest that you dont go any further with him as, even if he acquiesces to your request on using condoms, he will definitely end up circling around to skipping condoms again and again. It isnt him that might end up pregnant. spermacide can wreck your vaginal ph and cause yeast infections, bacterial vaginosis, and even UTIs. id avoid them if you can. he can suck it up and wear a condom Its not your burden to handle pregnancy prevention its on the both of you, make him wear a condom Spermicide is less effective than the pull out method for preventing pregnancy and it doesnt protect against STDs. If this dude is going without condoms all the time the chance that hes caught something is higher than someone who uses them religiously. I dont believe anyone who tells me they were tested after their last partner and came back negative. I might trust an established partner and not need to see physical results but new partners I ask for the paperwork and show them mine. Im hella paranoid though and everyone has their own acceptable risk level. Also, a man who cant suck it up and use a condom? Nah. Kind of. Better than nothing but on the lowest tier of effective birth control. Somewhere in the ball park of 75% effective. Far less effective than condoms and much lower than other birth control. If pregnancy would be unwanted then I wouldnt recommend it. Also its just a red flag that this guy isnt a long term planner or good at risk management. And underrated quality we look for in a partner is good judgement. And this displays poor judgement on his part. I wouldnt trust it alone. You can read the stats on it, but I believe it has a hight failure rate. Its irritating to vaginal tissue, too, which increases risk of contracting STDs. And the fact that hes not wearing condoms is a red flag to me. Thank you that is greatest advice Im definitely going to give it a test trial before. And his attitude isnt attractive on this but Ill see if he can be reasonable once I bring back some relevant information It was effective for my husband and I for the handful of months we used it but if you really could not deal with getting pregnant I would absolutely not recommend it. Its more of an add-on, like you would use it alongside the pill or a condom to lower your chances even further of pregnancy. We used it cause it was quick and convenient but we would have been totally fine with a pregnancy at the time. Its 92% effective on its own or something close to that. If you decide not to make him use a condom PLEASE have him get tested again. Or at the very least show you his last test results. But given anybody could cheat I would never have sex without a condom outside of a committed, long-term relationship. Dont let him pressure you!!!! Thanks, we have been dating for 3 mo and he said he hasnt dated or been with anyone since then. And i have asked him for an updated one but he just tells me not to worry because he hasnt been with anyone after meeting me when he took the test. He also said he hates condoms and has consistently told me that but we havent been intimate yet… so it is a weird conversation to have in advance but he seems resistant. Maybe he just says that and he will still use a condom. 1) spermacide can seriously irritate your vagina so proceed with caution 2) do not have sex with this man unless he gets tested and wears a condom Id just tell him that using condoms is something very important to you and that if he isnt willing to do it then he will absolutely have to go get tested again. You can make it a date! Go to the clinic and get tested together so it wont be such a big deal or like youre asking a favour. Though you arent asking a favour, you are protecting yourself. No matter what contraceptive you guys go with please please please dont let him talk you out of both condoms AND updated testing! You deserve at least one!! Ew. Dont sleep with a man who refuses to wear condoms unless you see the recent papers that say hes clean. Even then, I still wouldnt do it since he doesnt seem to care at all about his sexual health or how it effects others. If hes allergic to latex there are non-latex synthetic condoms he can use. Spermicide is an over-the-counter birth control that is about 72% effective at preventing pregnancy. It should be combined with other forms of birth control. Nonoxynol-9, the most common spermicide, can cause vaginal inflammation and irritation. The overuse of nonoxynol-9 can damage the delicate tissues of the vagina and actually increase the risk of HIV and other sexually transmitted infections. Maybe a female condom along with spermicide? Each when used by itself has a higher failure rate than male condoms for both birth control and/or std transmission, but used together would significantly raise the success rate.

Im so tired of everything being labeled a nag whenever a woman has to ask more than once Let me preface by saying Im married to a wonderful man, whos a good husband and father. We split house work pretty evenly and hes pretty progressive in his views about women. But over the years it feels like his tendencies to procrastinate on somethings have gotten worse and, furthermore, his reaction to me trying to push things forward is viewing me in a bad light. Especially when most of the time, its stuff that doesnt benefit me at all. We need to send his cousin a belated birthday present and I need an address so I ship this gift that I already picked out for her. Do you have her address? How many times do I have to ask before I have to explicitly ask him to text her for her mailing address? He gets mail from the DMV that says he has to schedule an in-person appointment to renew his license. Did you schedule it yet? Did you schedule it yet? Did you fucking schedule it yet because your license expires in a week?! And yes theres an omicron surge right now, but there wasnt two months ago, when you already knew you had to do this. (And of course, I dont say that last part because its obvious. I dont want to say I told you so. I want to not be in these situations at all.) We were talking about updating our birth control. We decide to look into vasectomy first before I look into IUDs. Have you asked your doctor yet? Have you asked your doctor yet? And then Im late for my period and he has absolutely no right to freak out at all because he held up the entire process by not even sending a single message to his doctor like he had promised to repeatedly. In the end, I got the IUD partly because I didnt want to wait for him to work through the rest of what he heard from his doctor. This is just a sampling of the ridiculous stuff that I have to drag this man-shaped anchor through. Stuff I can do without him, I just get done without him. And some things that are important, hell take initiative and prioritize them with great expediency. But other things, that a lot of times I cant even predict, will be just sheer agony to his cooperation on. And if I ask repeatedly, I have to do it gently. God forbid, I be a nag for not letting our lives fall apart. And really what is the tone I have to use to not be labeled passive aggressive? I think his guilt about procrastinating colors how he perceives our conversations, because Im not being passive aggressive, but when calls me that makes me want to jump to aggressive aggressive. Has he ever been evaluated for ADHD? &gt;I think his guilt about procrastinating colors how he perceives our conversations, I would explore this. My husband and I both have ADHD, and there is a LOT of guilt for adults with ADHD. This can also happen if hes avoiding tasks because of depression. I would talk to your husband about how this all affects you, and encourage him to get evaluated for ADHD. I have a system for this. I tell my husband very explicitly, often in writing (we communicate via WhatsApp a lot) that I am not going to remind him again, and any negative consequences are entirely his own responsibility. Licence expire? Im not going to drive you anywhere. No birth control? No sex. No address? No birthday present for the cousin. This is the way. The only thing that works when frustrated with other adults not behaving the way we want is to let it go. All we can control is our own stuff. My Dad does this and it is so frustrating. My mum gets annoyed with him but ends up enabling him because shes been fixing his messes for the entire time theyve been married. Im much more a proponent of the let him be the victim of his own consequences school but apparently thats too harsh. I agree, this sounds like executive dysfunction. Which he needs to step up and investigate treatment. Its probably as frustrating for himself as it is for OP. I dont think he has ADHD. He did go to therapy and get cognitive behavior therapy for his anxiety which he has a much better handle on now. And the thing is hes capable of being very effective when he decides something is worth his time. He got our son enrolled in a new school district just recently. Did all the research, figured out the schedule, gathered a gazillion documents and then told me when I had to go to the school district with him in person. And he is super effective at his job, which requires balancing a ton of tasks. But sometimes he would just hide behind work stuff than handle things in his life. Yeah, I let the things go that I dont care that much about. But I do care if his license expires. (Part of it is selfish, in that Id have to do all the errands, and Id have to take him to test for his license again and its not just a quick renewal.) And I do care if his cousin gets the present. Maybe I just need to care less. But I do like the idea of a paper trail of the last warning. ADHD adult here. This sounds like me People with ADHD can hyper focus on things theyre particularly interested in. A combo of caring less and communicating that he cant take my reminders for granted worked for us. I know you might have just visited here to vent and air grievances, but if this behavior is problematic now, it will increase tenfold if you bring a child into this situation. You can set boundaries by not doing it anymore. Like you pick out, buy, and send all gifts for your side of the family, but he is responsible for his own. Look what you wrote.. you picked out the gift, you are going to address and ship it. And how long has it dragged on that he needs an address? You could put the gift in the basement or attic, tell him its there and if he wants to do the rest be your guest. I say basements or attic because how likely is it that the gift will remain untouched at this rate? I also second looking up the adhd and seeing if he can get treatment. Of course this involves, probably, you researching doctors, you coordinating appointments, and you sweet talking, suggesting, cajoling, begging him to attend the appointment. And even if he does attend, hell need follow up appointments to dial in meds, prescriptions sent to pharmacies, prescriptions picked up, and prescriptions taken daily without fail for any of it to work. Not to mention refills WHEW. Visit r/AdhdRelationships it has many stories very very similar to yours. I dont want to armchair diagnose your husband, but Id recommend you go to that sub and see if the experiences of those partners match your own, it could be something to look into. TLDR 1. Start creating and enforcing boundaries if it sounds good to you. Let him be the victim of his inaction. 2. Look into if your hubby is neurodivergent. He may need a doctor for a condition p, and with treatment could get better potentially 3. Might want to put kids with him on the back burner until you have a game plan and coping mechanisms in place for #1 and #2. Best wishes Welllll shit.... time to read up on ADHD then... thanks. I ended up leaving several relationships because of this kind of behaviour. They were warned and yet acted so suprized when I followed thru. I am not your mother. You are an adult. Ill look into all this, and I appreciate the new information I dont have. But he is not always this dysfunctional. (I didnt intend to make the behavior sound catastrophic.) Im more frustrated because he is just fine like 95% of the time. But the things he ignores he will ignore so consistently its infuriating. And we already have 2 kids together and hes great father. Our kids are consistently well cared for, and he is very much on top of school stuff, doctor visits, etc. He has recently made appointments for physical therapy for something else. It really is the weirdest stuff for which he will keep kicking the can down the road. That being said, one thing that he does consistently punt is gift giving. For Christmas every year I handle almost all the gifts for his side of the family. And as long as I already have everyones address, he doesnt hold up any of that process. Last year I messaged my brother 3 times asking what his kids wanted for Christmas. I gave up and messaged my sister in law. That sounds exactly like most people I know with ADHD. Ive noticed this with my husband. If its something he doesnt care about it doesnt happen. Ive lost my cool a couple of times, but now I ignore it for the most part and make him deal with the consequences. Those errands are still his responsibility. Licence or not. He can pay UBER out of his personal discretionary funds. My husband has ADHD and he is like this I have to ask him multiple times to do something. Example take out the trash. But then when I do it he cries he cant do anything right. Its frustrating. Here to concur, just got tested at 34, and this sounds like me. Read the dance of anger. If you stop asking, you put the mental burden of remembering back on him. Adding onto say this also sounds like me and my boyfriend, both with ADHD. He spent hours researching the best water filters for us to use, camping equipment, how to make coffee, but has a hard time remembering to do a lot of things, like make an appointment to have the oil changed in his car. Schedules help a lot, so do written reminders. Also playing to strengths! He does all the cooking, because he really likes it and it isnt a hassle, and I do the cleaning, because Im better at figuring out what needs to be done when, and cooking is really overwhelming for me. I totally get it. Therapy, meds, and executive function skills coaching are really helpful. Ditto Also tired of weaponized incompetence necessitating the nagging Concurring with this comment and the replies — I am an adult with ADHD and can relate. I cant imagine how guilty and confused he must be if this is the case and he doesnt know why hes struggling with seemingly easy tasks — Id encourage you to do some YouTubing on relationships &amp; ADHD. Throu

IUD insertion cured my sexual self-harm I have not been selective in having relations with men because they give me attention. I have never evaluated a mans conduct from a self-respect perspective. I have never given birth so the IUD operation and the aftermath was a bit dramatic. I immediately went through a shift in perspective and started viewing men as whether they are worthy of this operation or not. I have straight up removed men from my life. Note: I have an extremely low pain threshold, and Im diabetic so I always fear wounds not healing even if my blood sugar is under control. Please dont fear IUDs because of my post, my experience does not apply to you. Thats an interesting way to look at it, and more relevant than ever. I am glad you stopped self-harming! I didnt know that sexual self harm was a thing. I thought I was the only one who felt like harming because of how I feel about sexuality. Im so happy that youve had an awaking of your self worth. You deserve to have happiness and not feel used by a man. Also, did anyone have a flashback to Seinfeld when Elaine bought that huge supply of sponges? Spongeworthy. Maybe youll start an IUDworthy movement for todays women I totally thought of spongeworthy after posting this. Love that you did too.

Stopping birth control. Advice and tips please Ive been on BC since I was 18, and changed the form of it over the last 8 years. Im wanting to know how youve coped with the changes in your body after giving up on BC? Its just not worked for me, my last hope was the implant and thats just been a disaster. We are just going to put all our eggs into the condom basket and hope thats enough or else... Anyway, what apps have worked for you tracking ovulation and so on. What condoms do you find have been effective but also left the sex satisfying enough and not ruined it? TIA Ive seen Skyn reccomended with reasonable frequency and they have the added benefit of being non-latex which can save a lot of pain and misery. Condoms work. You just have to be consistent. Your hormones are going through it right now. Give yourself some compassion. Lighten your workload for a few weeks (less projects can get done, honest). Treat yourself to Netflix and chill for a bit. Id suggest you also eat as healthy as you can. Overeating makes me feel guilt, which makes me want to fall into a hole forever. Thank you. Im going to screenshot this and let my husband know cause now I have another excuse along with my ADHD 🤣🤣 kidding, Ill take it easy though. Im nervous but excited cause Ive not really been an adult without birth control so Im happy to see how my body deals with this stuff on its own without me hurting it with all the bullshit I loved not being on birth control. I loved putting the responsibility for safe sex on both partners. I am not built for shouldering the entire burden myself. I also only had the 2 children I planned and prepared to have. It works if you are consistent. :) Edit: Hysterectomy now so I no longer have to worry Yea Id love the responsibility to also be on my husband. Unfortunately I need to wait a bit and save money to get sterilised privately because I dont have and dont want children of my own and doctors want to wait until youre 30 but the private one will likely do it for me before then (Im 26 now) but its quite expensive Mine was surgically necessary. There isnt a doctor within a hundred miles that would help a women achieve her hopes and dreams of never having kids. Heaven forbid she doesnt know herself. Good luck. In America its so exhausting (reproductive rights). Yea its such a shame! Sorry you needed it, I hope its worked out for the best. Luckily Im in the UK, so I already know of the doctor who I will use, but its a couple thousand pounds so condoms will just have to do for now lol I am about $100,000 in medical debt. So i get it. Oh man, wishing you all the luck so you can live without that debt soon 🥰 These are good Weve been using skyn exclusively for the past 6+ years without issue. There have been 2 incidents where I didnt insist on a condom that resulted in Plan B. Thats on both of us.

My ex told me he had a vasectomy, but he lied. I really need to get this off my chest. I grew up in a conservative religious family. I was not sexually educated at all. I met this guy and we started dating right after I turned 18. He had a one year old daughter from a previous relationship and told me after she was born, he got a vasectomy. So being a stupid 18 year old in love, I didnt make him use a condom. About a year and a half into our relationship I started feeling sick all the time. Finally I said I was going to take a pregnancy test. My ex even bought it for me because there was no way that is possible so imagine my shock when it was positive. I went to planned parenthood to get a blood test done and they confirmed I was. They provided me with pamphlets and resources on the options I had. Luckily there was a clinic close by. In my state the law requires an informed consent class and a 72 hour waiting period. I went to the class with my boyfriend and he seemed somewhat supportive. We waited the 72 hours and went back for my procedure. I remember sitting in the waiting room bawling my eyes out. I felt really guilty and I was super hormonal. A counselor came and got me and sat me down in her office. She asked me if my boyfriend was forcing me to do this and asked if he was abusive. I told her no to both and that I just felt guilty. She assured me it will be okay and I shouldnt feel guilty. She gave me some info on how to get a free IUD and also a Xanax to calm my nerves. When I went to have the procedure a woman on staff told me I was 11 weeks, and a even a day later I wouldnt have been able to receive it. I had to have my water broken before they did it. It was painful and sucked, but it wasnt as bad as I had imagined. Not to mention the relief I felt, it was instant. My nausea vanished immediately when I had felt it constantly for weeks. After the procedure we were talking to one of the staff and my boyfriend asks. Do you know where I can go to see about getting a vasectomy? The doctor said he didnt think anyone would do it on him because he was too young. (This was just a couple weeks after him turning 20) I found the comment weird. I asked my boyfriend after why he couldnt go back to the same doctor he went to before. He said he couldnt remember where he went. I asked if he had paperwork or an email confirmation he could find. He said he never received any paperwork or email. I had a sinking feeling in my gut that he was lying. It just seemed very suspicious how he asked that question and the way he phrased his responses to me. Later Id find out he hid a lot of things from me, including cheating on me with multiple people (unprotected) After I discovered the cheating we split up. We were on and off for nearly a year after that. At one point I confronted him and blatantly asked Did you ever really get a vasectomy? And j just remember he was quiet for quite a while before he said of course. I asked him then why he wasnt able to provide me any proof he received one and he came up with multiple excuses. I even reached out to his ex and asked her. Since when he originally told me he had one it was right after his daughter was born, so surely he would have told her or she would know if he had one at the time. She said he never told her or mentioned having one. I know hell never admit to it. He wont because he knows it caused me pain, and it would look extremely bad if he admitted it. I wouldnt have consented to unprotected sex had I known the truth. That was over a decade ago now. Not long ago I added him on Facebook because I was curious. I really just wanted to see how his daughter was as I dont really have any other way to know. These past few days with everything going on has had me thinking about this experience. I went to his page to see if he had commented on the matter. Thats when I saw a post of him saying men should get vasectomies to protect their partners, just like he did. It was like a punch to my gut and triggered me to the point I started crying. I havent cried over the ordeal in years, but seeing his lie and saying he did that to protect his partners, knowing he did nothing to protect me, and after it was over he left me in our bed sobbing while he smoked weed with his friends he invited over. He left me to cry alone and offered me no emotional support. It broke me for a while. I had to live with the consequences of his lie, and he pretends to be an ally. I deleted and blocked him. I wish I could speak up and say something but I dont want to relive the pain I felt. Two years ago i became an ambassador for my states Planned Parenthood, Ive educated myself and try my best to educate others so they can make informed decisions. I dont want anyone to go through that pain I felt. I cant imagine being in that scenario again and not having a say in the matter. Stay safe out there. sad to say that as a 50+ year old woman the im sterile or ive had a vasectomy excuse for not using a condom or having the birth control discussion is SO COMMON. i cant tell you how many times i have heard of guys lying about this. its just disgusting and loathsome. i cant even imagine what they were taught as teens about sex, consent, responsibility, accountability, etc etc. its not nothing. i knew guys like that too. this is something else really gross. im sorry you went thru this. but you seem to have used this experience for good in your life! that is what good human beings do. 💜 edited: i had to go get STI screening including an HIV test after i left my ex 23 years ago, because i found out he was cheating with more than one woman and he was an anti-condom guy too. Youre right. It is so common. I didnt ask or pry much when we were together because I was afraid of the truth. It was only when we broke up I started looking into it and found so many stories of this happening. Its sad that guys do this just to make it feel better, knowing they dont have to deal with the brunt of the consequences. Thank you so much for your kind words. I really appreciated reading that. They can heal themselves too. Im a vasectomy baby myself. They can, but i dont believe that in this case. He was a pathological liar and had zero proof. being a teen in the early 80s (the rise of HIV and the reign of regan) i grew up being a very vocal activist feminist. then the backlash against feminism. it became a very dirty word. young women were indoctrinated into believing feminism was bad for them. during the 90s i was a clinic escort. (and married a lying shitbag who fooled everyone into thinking he was a good guy ally) since 2001 ive been a mom and much less of a activist. but have seen the predictions of the feminist leaders of the 80s coming true the last 20 years. i hope both young women (and men!) are able to grasp what is happening and decide to grind all things to a halt until some very basic things can change. a general strike and mass protests can force change in a short period of time. it happened in the 60s, 70s, 80s… it can work again!

Were we wrong about sex? So my boyfriend and I had sex for the second time. Im 21F, hes 24M. We were each others first. Were still figuring out things...to tell you how new we are to this, I put his condom on wrong last time. However, we bought more condoms lol. Thing is...the first time we did it, it was ok. The second time was way better, but took a bit longer. We both get tired at times. Theres pros and cons to it. Pros: It feels great, when the angle is right. It brings us closer to each other on another level. We experience things about each other that we didnt know. When he gets it, he gets it-- he non stops thrusts and thats the best part. We joke about how terrible we are at sex. Cons: Sex takes A LOT of physical energy. My boyfriend has a hard time putting it in... his head bends a lot and it hurts him (how do I help him because when I do, I slide the condom off a bit..its just really frustrating). It takes like 20mins for us to fit it in when were in cowgirl/backwards position. He has paranoia of getting me pregnant even though hes using a condom and I have an IUD. Now paranoia is warranted of course but its high levels for him. Sometimes when hes in me, it just feels like something in me and nothing else. He doesnt hit the spot and vise versa for him. He tells me it just feels wet sometimes. When he thrusts, he does these fast, jolty like one that barely feel like anything for me. He doesnt moan as much because he says hes concentrating on his thrusts which is fine because were new and hes gotta get his movements to where we both can enjoy. When he thrusts in too hard, he knocks my cervix which is just completely painful, but we fixed that a bit with angling. After sex, were nothing but tired and sweaty then when we come to, he gets paranoid again and will talk about it for weeks. Sex isnt all bad. I know, since were both noobs, we have to get used to it. I feel like my bf would rather do something else with me to get off than sex. I didnt really start to consistently enjoy our time today until he was very close. Other then that, it was a lot of interrupting, and a bit of frustration and a lot of paranoia (we switched the condom out 3 times). However, he continuously tells me that he did enjoy it. And I believe him, but he would also say things like sex isnt all that great really.. and it makes me feel like a more experienced women could probably make him feel better. I guess both of us thought it would be like pornhub...or like cinematic sex scenes... but it isnt. I think we just havent found our technique and we have to practice....which sounds weird because I never thought Id have to practice having sex. I hope Im not making this sound like I hate having sex with my boyfriend. I dont know how right/wrong it should feel. All i know is what I have felt vs what I have seen on the internet. It requires practice, its awkward for everyone in the beginning. No ones a pro their first couple of times. View the first 1-3 months as learning experiences, communicate with one another what you enjoy, dont enjoy, try different positions to learn whats best for both of you. For the head banging - get extra pillows, thats my only recommendation ;) The only way is to do it even more. Try things and dont be afraid to be disappointed sometimes. Sex is not like a porno. Just make sure you talk about what feels good and what does not. Also its not necessary to always last hours, sometimes a quicky is just the right thing. Oh, and dont forget to drink some water to hydrate from time to time ;) I also recommend looking into when you ovulate, itll help with the paranoia/panic. If you have a general idea of when you ovulate you have an idea of when you can possibly get pregnant each month, to put both of your minds at ease. Since youre all paranoid of pregnancy, that would zap some of the fun out… maybe try more oral and hand stuff instead of PIV , like jerk him to completion so he doesnt have to focus on thrusting technique , and can relax and get off , and he can go down on you, so your cervix wont be bumped , and you can relax and get off and not worry if hes getting tired thrusting etc… also masturbating in front of each other or each other to show the touches you like… I think both of you are focusing too much on technique and if the other person is enjoying it, and comparing to others. Sex should be lighthearted and playful and sometimes one, both, or none get off, but theres always next time and being each others first gives you two chance experiment all kinds together and know theres no wrong way as long as you are both having fun! practice makes perfect Some questions about the difficulties with putting it in: Are you wet enough? If not, more foreplay and/or lube. Is he wearing the right size? Because the condom shouldnt come off when you help him. How much do you know about your genitals? If you get a good feeling for where exactly the dick needs to go, it should be rather easy for you to insert it. Maybe spend some time with yourself, insert some fingers etc if youre comfortable with that. Also, it sounds like penetration might not be the ideal way for you guys at the moment. You can try what you can do with your hands and mouths, or start with that and then move on to penetration. Its really important that you both dont take this on as a chore. Your sex will evolve if you just do whats enjoyable at the moment. It takes a lot of time and practice to get to some things, and you shouldnt rush it.

Afraid of OBGYN judging me... My partner and I have been having unprotected sex - neither of us has any STIs and I have the implant. Im going to a new gynecologist for the first time next week for recurrent yeast infections (which has been an issue on and off for years). However, Im embarrassed to admit we dont always use a condom/protection/etc because Im worried shell think Im stupid or irresponsible or blame me for causing the infection/not taking better care to prevent it. I already struggle with anxiety around doctors visits, but I know its important to be truthful. Not sure how to handle it. The OBGYN will not care at all. If you have a steady long term partner and a birth control implant Im sure they would be more surprised if you WERE using a condom. Recurrent yeast infections or bacterial vaginosis are not all that uncommon and a result (sometimes) of the semen throwing off our vagina pH balance. That being said, I have experienced judgmental/closed minded obgyns before and I fired them :) remember you are paying them for a service, if you dont like the service find another provider you have absolutely nothing to be ashamed of. if you and your partner trust each other and decide you can have sex without a condom thats all that matters. there is absolutely no reason for her to judge you, youre in a mature and responsible relationship, do you think they expect everyone to use condoms for their entire relationship ? of course not. its a perfectly normal and natural thing to do and it sounds like youve already taken other precautions in the form of the implant. I have experienced judgmental/closed minded obgyns before and I fired them :) remember you are paying them for a service, if you dont like the service find another provider This is a great point. while i do feel doctors deserve some respect but if you feel that respect isnt mutual and yoour doctor isnt a good fit, YOU are the one who pays him/her, youre the boss. dont hesitate to switch, youre in control. I cant tell you it wont happen. I can only say that it isnt right for it to happen and if it does the physician is the one at fault, not you. Im an afab enby married to a trans woman, every time I see a new doctor its the most awkward thing in the universe, even better when medical professionals dont believe us when we say Im not pregnant and theres no chance I would ever be Thank you, that helps me feel a lot better! Thanks! That really does help to put it into perspective

Has anyones ability to orgasm changed drastically since IUD implantation? So after reading the post about the person that thought they were asexual most of their life, until realizing that their B.C. had made them that way.... I started thinking about my orgasm. I have an amazing partner at the moment and he tries so hard to make me orgasm via oral and manually, but it so rarely happens without a vibrator. Im not knocking vibrators but shit, I used to have multiple orgasms via oral sex with my past partners and even come close to orgasm via PIV. I thought, maybe it was because i introduced vibrators into my toolkit for orgasming, but i know that isnt the case because give or take 5 years ago I was orgasming with and without vibrator with ease. It got me thinking, when did this change? ... it changed 3 years ago when I got my Mirena IUD. Dont get me wrong, I benefit well from the IUD; it allows me to experience a kink I very much enjoy with less apprehension, I rarely get my period or even period symptoms etc. But I lost my insanely easy and honestly enviable way to orgasm and Im pissed about that. Im envying pre IUD me right now. I have been so insanely frustrated with my inability to orgasm without the use of a vibrator (with immense amount of pressure and speed). Im just fucking mad and I wanted to vent and see if this resonated with anyone else. [deleted] I think mileage might vary. I have the Mirena and have the opposite problem. Feel like a damn teenager again.

Im allergic to peanut butter. Im (26f) allergic to peanuts (legumes, ect.) its not that I cant be around it but I cant eat it. If my boyfriend (29m) kisses me after eating it, I get hives and have gone into anaphylaxis before, but I havent in years (since before my first kiss) because Im very cautious. This past week, Ive had a really tough time at work and just in general…. I got a new hormonal IUD, and have just been out of sorts in general. Today, I just broke down. My hormones are going crazy, I dont feel well. He took me to my place, let me get settled and then brought me back to his…. and then he took me for ice cream… and got something with peanut butter… he knows i want to kiss and cuddle and now im at risk and he knows i dont have my epi pen with me… so i just moved all the way across the room. now im watching a sport i have no interest in and we agreed on plans tonight. im tired of taking all of the risk and responsibility, for my health, and for birth control. this was just a reminder of how i assume all of the bodily risk at all times. how do i get my point across? ive felt like ive been very clear… but this is just blatantly disrespectful. we have alone time… he can eat peanut butter then. but i just dont want it around me. i dont know what to do here. im in a tough position because i want to go home now but i really dont feel like dealing with my family now and my apartment is an expensive uber ride away but i just dont want to be here if im not getting comforted/held right now. id rather be in my own space comforting myself. Girl he is a giant child. It doesnt take much to show you he cares. My husband knows i hate hate onions. So he doesnt eat them so we can kiss or he will brush his teeth after. And you have a life threatening allergy! There are millions of ice cream choices. Tell him to drive you home because youre not enjoying yourself. Dont get too into a logical discussion about the extremely legitimate things that are upsetting you until youve had a chance to calm down and think through it all without the hormones impacting how you feel. i this this is a really good call, i dont mind this approach and frankly….. very nice. ur not wrong. oddly enough, i still see my pediatrician…. but i do feel like a glorified babysitter sometimes [deleted] [deleted] [deleted] If the hormonal and/or emotional changes dont balance out soon, it might be worth looking into replacing the hormonal IUD with a Copper IUD. I am allergic to mushrooms and a quick swish of water isnt enough to get rid of the allergen in someones mouth for me. My fiancee has to carefully brush her teeth, but she prefers to just avoid mushrooms if were going to be together. To be clear, I dont force her to not eat them, but she knows that I cannot kiss her easily if she does and us sharing physical closeness is more important to her than being able to eat a food. Additionally, allergens have been known to be in the body fluids that come with arousal and orgasm - the risk if your partner eats an allergen isnt just from kissing. I know I wouldnt want to have the starting point of an anaphylactic reaction inside my vagina. Im sorry hes a man child that just doesnt care. Im allergic to salmon when he eats it he will wash the dishes then brush his teeth to be able to cuddle and kiss me. And im allergic to acetaminophen and he doesnt even have it in the house. If he cant be considerate or understanding just get rid of him. I hope you feel better I have issues just by being in the same room as peanuts. But never had those issues. But everyone is different when it comes to allergies. Also it not a quick swish. Definitely needs to be a good wash out Ive also never had the issues with body fluids, but Ive heard stories! I have accidentally used a latex condom even though I am allergic to latex and that was not a fun time. A severe peanut allergy must be so difficult. Its hard enough avoiding mushrooms, especially now there is so much more vegan food available and a lot of vegan food contains mushrooms. Maybe talk to him about it. Give him head up of you intentions so he has a chance to make a mental note to not eat anything that may affect you during the time Ironically I live in a region famous for growing peanuts. I cant leave my house during the fall months That.. Really sucks, Im so sorry. Eh you learn to live with it. Are you allergic to all mushrooms or specific species? Either way, you arent missing much. Imo mushrooms taste gross. They arent fun guys either. As far as Im aware, all of them. Im also allergic to mould (and penicillin), so I assume Im allergic to pretty much all fungi (and I agree that none of them are fun guys). My husband will swat my hand from anything he thinks may have touched something that touched something that touched something that touched a shrimp , and I dont even need an epi - at least for now. My two cents. [deleted] I have a severe allergy to mint, specifically the scent, that has caused anaphylaxis in the past (like you, Im very cautious). My philosophy is this: Its scary enough to navigate a world where my allergy pops up everywhere, so if you have been told about my allergy and still make a choice to expose me, you dont get to be in my life. If you make a mistake when youre first learning about it, you get a please stop trying to kill me warning, but thats it. You dont fuck around with anaphylaxis. If I were in your shoes, Id go home, let yourself get to feeling better, and then have a serious talk with your boyfriend, setting out clear rules about him not eating peanut butter if youre together and, if he indulges when youre not around, making sure to thoroughly clean his teeth and mouth before he spends time with you. This is not a hard ask (its definitely easier than asking people to avoid even having the scent of mint on them) and if he cares about you, laying these down as non-negotiable rules shouldnt be an issue. Did you miss the part where they agreed on plans together and then he chose to eat peanut butter ice cream right in front of her? Of course slip-ups happen, but that sounds pretty deliberate to me. Even if it was somehow a genuine mistake, I dont see anything about him apologizing or doing anything to rectify the situation. I am allergic to fish and shellfish and the only time my partner eats that in front of me is when we go out to eat and have no plans. He is extremely careful about cooking and eating around me. It is not a big ask to ask someone to be mindful of your allergy; its about respect. Youve been having a rough time and you are still allowed to feel these emotions. Just because youve been having a bad day doesnt mean youre not allowed to feel certain ways. I agree with the other commenter that you should leave and come back when youre more clearheaded to discuss. But your emotions are valid; you are allowed to feel disrespected because you have been. This sucks, so much. Im sorry youre going through it. When youre feeling in a better headspace, it might be worth confirming that he knows its a life threatening affliction. And that with each exposure the reaction is worse. And that you are no longer comfortable with peanuts or peanut products being consumed around you. Because you could literally die. If he cant respect that or continues to disregard something that is important to you… may be time to reassess your situation. I am anaphylactic to peanuts too. Please advocate for yourself - it has saved my life more than once. What the fuck is wrong with your BF? Does he want to kill you. If he really loves you he will respect and look after you and not try and kill you with peanuts He sucks. My spouse has a severe peanut allergy and from the moment we started dating I was sure to be very careful with what I ate when I knew Id be seeing him and what I kept in my apartment. Even now, I only eat peanut products at work because I know I wont be seeing him for several hours. Thats how a respectful partner behaves. He doesnt respect you. My wife hates, I mean \*hates\* the smell of parmesan cheese. I love eating popcorn with parmesan cheese on it. After the third time she did a nose wrinkle and left room, I decided to give up my liked treat. I havent had it for about 5 years. If my significant other was deathly allergic to something? Id cut it out of my life. No. Questions. Asked. That is the minimum I could do to show my concern. I hate how Reddit just jumps to just dump him and find yourself a real man, but, I kinda feel like you should dump him and find a real man. OP youve already told your boyfriend about your health concerns. He has shown who he is, so listen to him. What I mean is, he has showed you his priorities. He will do what is convenient for him at the risk of you getting physically sick. He doesnt care and he may say he does, but his actions will always be the truth over his words. Dont compromise your truth and health over someone that doesnt value you and all that comes with you (re: peanut allergy). Thats a lot of stress on you to constantly have to wonder and take action to not put your health at risk. Stay safe OP, you are not safe with your current partner. Peanut allergy and all nut allergy sufferer since birth, literally everyone I know, especially my SO, has always consented if its alright or not. When I see them eat something if they planned on doing something with me or around me, I always point out the possibility of an allergic reaction, and then keep space from physical activity with them for a minimum of 2 hours. Your boyfriend is completely fucked for eating it and then doing anything with you. My ex literally gave it up completely when we lived together. All I can suggest is you make a deal about spacing away from him every time and put your health as a priority to what you want to do. If it continues to the point where you feel hes doing it to not kiss and cuddle and do the things you want and need in the relationship,

Had insane bleeding patterns with IUD, partner decided enough was enough He decided it was time to get a vasectomy. Based on all these recent stories I wanted to share some positivity [deleted] Good news! Im 60% convinced my acne problems are prolonged bc of my arm implant. my acne was SEVERE after taking pills and it got better with the implant but, still, lots of acne. I hope my bf gets a vasectomy or we move back to NY and I can get tied. I hate dealing with this so much. I hate birth control. That is great. Just make sure he does his follow up sperm counts. Had a friend with a vasectomy fail. Get it removed and do what you need to do for your health. Your partners vasectomy is relatively minor in comparison. Congrats! Same here, doc wants me to go off my BC permanently for health reasons; husbands response (were set on staying child free) was to schedule the snip for this month. He sees this as acting like an equal partner should. I wish that point of view didnt make me feel so lucky to have him - I mean, I \*am\* for lots of reasons, I just wish that wasnt one of them! Equal responsibility in reproductive planning/prevention needs to be normalized. If anyone wants more positivity, Ill share my story too: for medical reasons my doc recommended hormonal birth control. I ended up not getting the results I want and on top of that getting many side effects that werent severe but lowered the quality of my life because they affected me daily in several ways. So I stopped BC for a while and when I talked about possibly trying a copper IUD (just for the sake of birth control), my partner said he doesnt want me to suffer or risk the pain (I have a history with that) and he is fine with just condoms. In fact, Im pretty sure that my ex would feel the same way. So there are plenty of good men out there that would prioritize your health over their pleasure and wont even feel that something was taken away from them.

Why do men think THEIR sperm is OUR problem? I just dont get it. Im trying to explain to my boyfriend why my IUD isnt enough protection anymore. I have a blood clot disorder and a mild heart condition. Pregnancy is a huge risk for me. If he wants pov sex now he has to provide additional protection. His getting unprotected sex was for his pleasure not mine. Women have painful IUD insertions or take hormone pills like its completely our responsibility that they dont get us pregnant. I dont mind condoms. His coming inside of me isnt worth the clean up. It was all for him and now that its his turn to use birth control or have a procedure done its all shocked face. Like Im being so mean to make him go through this. He even asked me if I had asked my doctor if he needed to. It should be enough that I asked you. Sounds like hes risking your life for his pleasure. And truthfully, condoms are fine and dont decrease sensitivity nearly as much as some guys make it out to be. Sounds like a not very good guy. So your pleasure is more important than my health? Seriously? If that is a legitimate question you have to ask someone then I would ask myself if that is a person I want to be with. Someone so selfish cannot be trusted. Its almost hilarious what kind of a hurdle condoms are for them but the crap women go through is not even in the same ballpark [deleted] And the bottom line is that the answer to that question in our current climate is a resounding YES. Its so disgusting. Sex with condoms is actually the best: NO CLEAN UP!! As long as he can find one that fits great, it shouldnt cause him any lack of pleasure. Of course the bigger issue is that he is priortizing his pleasure over your medical/mental safety and that is harder to come back from. If hes open to experimenting with a few different condom brands to try to find his Cinderella slipper then its worth it. If hes completely closed off to the idea then he may not be the guy for you. Sorry. Clearly he thinks his pleasure is more important than her possibly losing her LIFE. Condoms also may help with longevity. Thats not a bad thing. Introduce his butt to the nearest curb. Nobody needs a partner thats so selfish hed risk your life before wearing a condom. Yeet! Tell him to freeze some sperm and get a vasectomy. ¯\\_(ツ)\_/¯ Its sad when they whine about a condom while we have to carry the mental load \*and\* physical load of everything that involves not getting pregnant. My body reacts really bad to birth control pills. My legs hurt, brain fog, bad mood swings, prone to bruising and much more. Who knows what other damage happened what I cannot see. Anyone that wants me to go through that permanently but cries about a bit of rubber for a dozen minutes to an hour or whatever it takes, can fuck right off. Unfortunately too many are like this Being alone is an upgrade to this shit. I used to sell upgrades for a living. You never want a jelly rubber upgrade, that holds bacteria and outgasses things you may not want near your sensitive bits. Silicone is great for something flexible, but metal or glass is really fun for something very hard. You can make Al of those hot or cold for sensation play if thats your jam too. The best part is that you can keep these upgrades in your nightstand drawer and they put exactly as much value on your health as you do. [deleted] She says men because the two X chromosome-having people here know EXACTLY what shes talking about because weve all been there, probably multiple times, and we know its common and we dont need you coming in here and invalidating shit. You dont know men when it comes to how they interact with women. The truth is we all experience a lot of the same bullshit. All the fucking time. No matter what. If youre going to be in this sub, hush and learn something. I had a guy use latex after specifically telling him it had to be non latex. Then he got mad at me when I was too swollen and sore to be able to go again. So many men are self absorbed and incapable of listening to women. It would have been funny if it hadnt been painful. The pain and swelling lasted 3 days...I had a high sex drive back then. He couldnt figure out why I refused to see him again. I learned to buy my own Skyn condoms after that fiasco. As a guy I completely agree, I just wish there were more options for contraception then condoms or vasectomy. Hopefully the development of a pill for us or other method becomes popular Can confirm. Flying solo is grand. And once you do it for a while, any addition has to be a bonus. Deadweight? Buzz kills? Disrespect? Nah, bye. Its making me see having a relationship in a different light. I dont need a man for income or happiness. Sex and companionship is nice but now sex can kill me and I have a dog for company. Will other women start feeling this way too? If you dont want children or marriage are men worth it? Goddess I wish I could gold you. I used to have a picture with all the display silicone upgrades from the store in my dishwasher, filling the whole thing! Hes already had an accident kid and we are both middle aged. If I can have two IUD procedures for him I dont think a vasectomy is unreasonable. [deleted] Not all men Theres always one. Snip snip! I dont understand, I guess. I dont have a penis, so maybe thats why. And Ive only ever had sex with one man, who was perfectly happy to use a condom for our entire marriage. I mean, we switched to the diaphragm, but I never heard the tiniest complaint or request about using a condom. And yes, it should be enough that you asked him. Men need to be a whole hell of a lot more scared of having sex than they are. They should be afraid to deposit their sperm in a woman they are not married to. Afraid. Yeah, but men pull that shit a lot. And I say that as a man. I think a big part of it is that we arent taught to consider pregnancy as the life altering/life endangering thing it really is. It just isnt on the radar, and overall mens reproductive health is less complex. Face it, we dont have to actually do much besides have an orgasm in the right place. Women carry the burden. Women are already feeling this way You shouldnt allow any man to cum in you until youre in a committed relationship and open to the idea of children. Normalize condoms. Teach our sisters and daughters to put themselves first always. A womans safety comes before any mans comfort. Guard your womb. When it comes to unwanted pregnancy women take 100% of the risk, physically, mentally, socially. Any man whining about being forced to provide monetary child support in an unwanted pregnancy like that is somehow equal to a womans burden are bottom of the barrel garbage humans. GTFO with your not all men bullshit. There was a whole ass thread here a few days back about women having issues with men not wanting to wear a condom. He is a man. If you dont like being associated with that kind of behavior call it out. This isnt the place to do that. Go over to the mens subs for that shit. Call these shitty men out in male dominated spaces. Fwiw you can fuck off. This guy is selfish and his unwillingness to care about anyone but himself is a red flag. Even if you could convince him to get a vasectomy those arent even a guarantee as women still can get impregnated. I think the men are also told to wear a condom for several months afterwards. If your health is such that pregnancy is such a risk the best thing for your safety is leave him and dont have sex with men. No man is worth dying for. I think that many women would be single if they knew there was another way or if they had the means. So many men Ive dated in my past were just terrible and had such backwards ideas of relationships and women. When I was dating I had a hard time finding dudes who actually seemed to like women. I think hes a selfish immature person. How old is this person? My cats are better at company and my hand better at sex than most of my exes or men around me. Im not planning o staying single, but if men cant pass this very low bar, I dont see why I should be with them. Other women have always felt that way. Its nothing new. That is why there are those of us in our 50s still never married and living alone happily. Imagine if women could undergo an hour long outpatient procedure that would just result in us being sore for a couple of days that would nearly 100% ensure sterility and doesnt mess with our hormones. Thats the frickin dream. Ive felt this way for twenty years. Ive never felt the need for a man. What is one gonna do for me but cause me problems and frustration? Vibrators are cheap and satisfying and dont leave dishes in the sink or zygotes in my stomach. Man, wait until he finds out theres a procedure that means you dont need a condom for birth control, and your girlfriend gets to be healthy. A simple week-long inconvenience that only hurts a little bit. Take it from me--some guy you never met--that its pretty awesome. I hate condoms, my jim gets slim the second I see one of those, got a vasectomy as soon as I was able to One comment and stick to it No condom, no sex, no exceptions. Late 40s. We are young enough that getting pregnant is still a possibility but too old to want to try to have children. Right? It pisses me off so much when a guy doesnt want kids but wont even consider vasectomy. Its okay for his gf/wife to have painful procedures, surgeries, side effects but isnt willing to even entertain the idea of vasectomy even though its so much easier for them! And condoms? They are not the same product as 20 years ago. He can use a f-ing condom and stop bitching about it. Men suck. That is all. Jesus. He has to grow up. This is definitely shifting in younger generations. Im 36, and women of my generation and those younger have been fortunate enough to pave our own ways in life, become independent, and live how we want to live. Thats a freedom that even my mother didnt have when she was setting out in life. And

Why do I feel weird talking to guys slightly younger than me? I dont know if youd call it internalized misogyny or an idea implanted in my brain by society, but I feel weird dating men 2-3 years younger than me. Im 27f I didnt try to enter the dating world until I was 26 mostly because I was insecure about my appearance and terrified of sex, but thats a story for another post. The first guy I actually started dating (it was only for 2 months) he was 24, he couldnt commit to a relationship. We never did anything other than oral and I felt a little weird about that because he was younger. The second guy was 3 years older than me and we dated for 5 months, he also wouldnt commit either but he was the first person I had sex with. I didnt give our age difference a second thought and never felt weird when we had sex. Now, Im not necessarily looking for a husband or even something super serious but within the past week Ive been talking to a 24 year old, he actually graduated high school 2 years after me. We have a lot in common and he seems nice but anytime the conversation turns even slightly sexual I kind of feel like a perv because hes younger. I think maybe I feel this way because we went to the same high school and he most likely hung out with my friends little brothers who we always perceived as being so much younger than us even though most of them were only 2 grades below us. Also, in my close circle of friends everyones partner is older. If he asks me out on a date Ill probably go, but I want to get out of this mindset that hes too young for me. And funnily enough hes probably more experienced than I am, so I dont know why I cant shake this feeling. I didnt feel this weird about the first younger guy I talked to but I think its because we went to different schools and his age was 24 on tinder when I was 26. This guy is currently 24, but Im assuming hell be 25 soon unless he moved up a grade. My age range on tinder is 24-35. I know its a double standard but my question is why do I feel kind of weird about this? Have any other women felt this way? And how can I get out of this mindset? [deleted] I guess that could apply to me too in some way, Im the youngest sibling but my nephew is only 11 months younger than me and we were raised more like siblings. So maybe since theyre younger than him thats why I feel weird. Meanwhile, my brother who is 5 years older than me would probably date a girl my age and not feel weird about it. If you could have gone to high school together, you are functionally the same age IMO. The idea that women shouldnt date even slightly younger is patriarchal. Think about it- you pause at the idea of dating someone 3 years younger than you, but seven years older is okay? I agree with you but to be fair I usually feel weird talking to 35 year olds too. Lol But I appreciate the perspective and like that you said we are functionally the same age. And maybe its because Im new to dating so talking to men in a romantic way in general will feel less weird over time. Thanks How would you feel if you didnt know how old he was? And if dating someone makes you feel uncomfortable, then its probably not right for you, regardless of the reason. Sounds to me like its just a preference, which there is nothing wrong with. I have a friend who has a strict three-years either direction age preference (so between three years older or three years younger than her). I have another friend who wont date younger than her at all, but doesnt care how much older. Personally, age means nothing to me. My sons father is 6 years younger than I am, but Ive also dated 2 people 20 years older than me. I think the biggest thing is compatibility, and I could totally see how you might not have enough in common with someone younger than you to support a whole relationship, especially if you yourself are only currently in your 20s. I once dated a guy who was 7 years younger than me. I was 30, he was 23. I was a little weirded out about the age difference, but tbh, he was probably the most mature guy I had dated and carried himself very well in situations. Age is just a number as they say! For me, (F/29) I found it was simply a matter of depth after a certain point. (2ish years) As we mature our needs change. No guilt, just growth. I feel the same and kind of hate but Im at piece with it now. Im early 20s still so it might change but guys my age are just too immature to date

Avoiding pregnancy with limited contraception options? Hi all, I cant use any hormonal options (the pill, implant, patch, shot, etc) due to hormone-related pelvic floor dysfunction and interstitial cystitis (painful bladder disease). I tried to get a copper IUD and found out via ultrasound that my uterus is too small, so it would get punctured with that option, and that would cause dangerous internal bleeding. Im also allergic to spermicide, and I have seen multiple gynos about getting sterilized, but no luck because I have no children. My partner and I use condoms, but honestly Im terrified of getting pregnant. Just condoms isnt good enough. What other options do I have? My partner plans to get a vasectomy, but he doesnt have health insurance, so thatll be expensive and isnt feasible yet. Should I just track my fertility? My periods are extremely irregular so I dont really trust my apps fertility predictions... r/childfree has a list of doctors willing to sterilize childless people. Its a bit old school, but what about a diaphragm? [https://en.wikipedia.org/wiki/Comparison\\_of\\_birth\\_control\\_methods](https://en.wikipedia.org/wiki/Comparison\_of\_birth\_control\_methods) Those need spermicide and even then have a high failure rate. Im kind of hung up on how the only reason your partner hasnt got a vasectomy is money issues, but you cant get cut because you havent had any kids yet? wtf? How can it be more expensive for him to have a less invasive procedure to eliminate the possibility of the same hypothetical children neither of you want? Check out the childfree sub that other poster suggested. Im in exactly the same boat but also cannot use condoms because I have dermatographia and using condoms gives me severe irritation and swelling. The only lube I can use without irritation (thousands of severe allergies) or swelling is coconut oil, and sex is painful without lube because, again, dermatographia. We use withdrawal. I know, its unreliable. But it has the exact same failure rate as a cervical cap used without spermicide, and thats my only other option. I cant get anyone to prescribe that for me anyways. They keep pushing me to get an IUD again, but after a very painful partial expulsion in the early 2000s and my more recent excruciating failed insertion (vomiting and sobbing from pain for three days, couldnt eat or sleep until they removed it, developed vaginismus from the trauma), I adamantly refuse. My solution is lots of non-piv sex. More than half of our encounters are just oral and manual. I suppose Im lucky that oral is my kink and I dont orgasm from PIV and that my husband is so adaptable to whatever I need or want. I will undoubtedly be downvoted for the word withdrawal, but Im not recommending that, Im recommending oral and manual sex. Maybe try combining withdrawal with condoms. That should give you about a 4.5% chance of getting pregnant within a year (assuming condoms to be 82% effective in a year and withdrawal 75%). If you combine those two with cycle tracking you have 1.13% chance of getting pregnant in a year. Beware that this could require quite a few days of abstinance (or just doing non-piv sex) depending on your cycle. Beware that the various naturally family planning methods alone are as effective as just condoms at best and worse than just condoms at worst. (according to the NHS website its 76% effective with typical use whilst male condoms are wround 82% effective with typical use). If you plan on tracking fertility dont just use the rythm method. Id look into more complex forms of fertility awareness (that may include things like temperature, cervical mucus or even a hormone monitor if you can afford one). Another option is to do all of that and have less piv sex/try other forms of having fun together. All the best of luck! Edit: forgot to mention that in addition to all of that theres also the cervical cap which does not contain spermicides. It has a 14% failure rate for those who have not given birth and 29% failure rate if you have given birth. Combining BC methods is the best way to reduce the risk of pregnancy, especially since most non-hormonal methods have a lower effectiveness. Thanks for your input! We already do plenty of non-piv sex, luckily, and Im grateful that that works well for us. Since we do use condoms and withdrawal combined with condoms can increase the risk of them slipping off, I think Ill look into the cervical cap that you and some others mentioned. I have a very difficult time with penetration as is due to my chronic pain, so Im always wary of anything I have to insert (cant even use tampons), but its absolutely worth looking into! Thanks for all the info, this is awesome! Ive been researching how to track my fertility using temperature monitoring as well as period tracking, so I think that combined with condoms and abstaining during fertile times will be my best bet. We do plenty of non-piv already, and I honestly prefer that, but I want to be as safe as possible for when we do have piv sex. Thank you! Yeah, its a nightmare trying to get sterilized as a woman in the US. Ive been a member of the childfree subs for years, and Ive seen three gynos with an entire binder of my personal health info and reasons for wanting to get a bilateral salpingectomy (removal of fallopian tubes), but they all told me they wont do it for a woman who doesnt have children yet. Ridiculous! I do want my partner to get a vasectomy, but honestly its a fairly new relationship, and I dont want to push him if hes not 100% sure he wants to make that change for his own body. Hes very low income and its about $1000 out of pocket, so unless I pay for it, its unlikely hell get it. I have historically dated non-men, so navigating the whole how-not-to-get-pregnant issue is something Ive only been thinking about again recently. Its been a long time since Ive had a male partner lol Thanks for the comment! Hopefully thisll be helpful to anyone else who comes across this thread. Unfortunately, my state doesnt have any doctors on this list who are in my insurance network. Ive tried with a few gynos in my network over the past decade, but theyve all rejected the idea. I even did the sterilization binder the childfree sub recommends, Ive done tons of research, and I have a laundry list of reasons why its a great option for me. But unfortunately Ive had no luck yet. They always cite the fact that I have no children, Im the right age for children (so what?), or the what if your hypothetical husband wants hypothetical children? Ive also found that bringing up the fact that Im queer and dont usually date cis men doesnt help either, lol. Lots of homophobic and misogynistic doctors around here. Thanks again for your comment though. That sub has a lot of good support and resources. Oh that sucks. Im so sorry. I cant use tampons either but have recently discovered disposable soft tampons, which are made in Germany and the Netherlands. They are super helpful for when I cant wear a pad or period underwear. Kind of like the reusable sea sponge tampons without the unsanitary downsides. Oh, interesting! Ill have to look into that. Sounds like a cool option! Ive been using reusable proof underwear for a while, and I like that, but its not always enough on heavy days. But pads can be pretty uncomfortable sometimes too. It is what it is! Im hoping that down the line Ill be able to find a doctor who will do it, or perhaps Ill end up in another relationship where pregnancy isnt a concern. Only time will tell!

Is it unreasonable to expect your life partner to eventually get a vasectomy? 22F here! I am in a very loving long-term relationship and currently have a hormonal IUD. I am not planning on having children (at least not any time soon) and was speaking w my partner about birth control. I mentioned that I think, in a long term heterosexual relationship, the man should eventually get a vasectomy if the couple is finished having children. I think vasectomys carry much less risk that female birth control. My partner disagreed stating it would make him feel like less of a man. What do you think? I feel its unfair that its not more standard for men to get vasectomies later in life. You could have chosen a better framing here. 1. Does he want kids? 2. You could tell him hormonal birth control isnt working for you and ask him to pull out Its unreasonable to expect anything in a partner. It is reasonable to set your own requirement that you will only be with a partner who commits to having a vasectomy. Im pro vasectomy to the point where I basically think every guy should have one when they turn 18 after banking their sperm. Imagine if every pregnancy were a wanted one? You cant demand it but you can make it a boundary. 🤷‍♀️ The effect of a vasectomy on a male body pales in comparison to that of BC on the female body, and if he cant get over it \*due to his ego\* that means its his problem to deal with it: no sex without a condom \*ever\*, and in case you already know he cant be trusted to use them in a safe way (i. e. there have been accidents with broken or slipped off condoms before) also no finishing inside you even with a condom. Its not unreasonable to ask for it, but pressuring him on the topic isnt ethical. It is a surgical procedure, after all. I agree that saying I wont have sex with you without a condom when I go off my birth control eventually then. Thats fine. One of my partners and I (in our 30s) also had this discussion lately, though he handled it much more maturely. He agreed that it would be the best and safest option, acknowledged some insecurities and made a doctors appointment recently, after about two months of contemplation. I honestly didnt think hed come to a decision so quickly. I got mine after the third kid. Wife went pale and looked like she wasnt going to make it. Snip snip, no more risks. Seriously? Pull out? What century are you living in? (Full disclosure Nonbinary Penis-haver here so i might be biased) I absolutely agree with you that a vasectomy is the way less intrusive option than a tubal sterilization would be for you. Thats the reason im trying to get a vasectomy myself. I simply dont want my spouse to have to go through this ordeal. Your partner saying it makes him feel less like a man is unfortunately typical. Its bullshit, but typical. There is a slight possibility of the vasectomy not working or causing erectyle disfunction. But in most cases it just hurts a bit for a few days (like a strained muscle) and thats it. However. IMHO it is unreasonably to expect someone else to permanently alter their body for you in any way. Being it a tattoo, piercings, a vasectomy, breast implants or whatever else. Your body, your choice So i agree with what others said. If he refuses to get a vasectomy and you dont want to have to deal with birth control yourself, then you need to find an alternative. Either by only using condoms or by not having sex with each other anymore. (i just heard yesterday that scientists found a solution that you can drink and it turns a man infertile for 2-24 hours. It was succesful on rats, so it should probably work on men too ;) So hopefully this will be another possibility in the future) [deleted] In my country, it could be difficult to find a doctor ok to perform a definitive sterilization act (on woman or on man) if you are young or without enought child (depends of the doctor). Not good but thats the world we live in... Im going against the grain here...if you pump out a kid for him its only fair he gets a vasectomy when you guys are done having kids. He wants you to go through at least one, maybe more, immensely painful and traumatic experiences and he wont have a tiny procedure because he will feel like less of man for no reason? I dont think I could respect someone with that mindset. True you cant force it on him but I think its fine you expect a partner be willing to do so. If you didnt want kids at all Id say its less ok and you should pursue your own sterilization (though it may take a while for a dr to agree)... Im sterilized and I love it. But Id still side eye a guy who wouldnt get one if he doesnt want kids/want more kids Imo birth control should be shared by both partners. If both of you are set on child-free it should be no-brainer for the guy to get it done if we were purely weighing risk. Feeling like a man is not a reason. Particularly if they expect you to have hormonal therapies and those risks or surgery instead I call bullshit, especially if its difficult to get an abortion where you are. If hes okay with you going through the painful process of an IUD (which has some women faint and throw up) then he can get snipped. Sorry, but Im of the opinion that if someone allows their girlfriend to go through that but dont want to get snipped which is most often REVERSIBLE and will make sure she doesnt get pregnant (pregnancy is DANGEROUS) then they care more about their feelings than her health. Thats not an equal relationship in my eyes. Selfishness at its finest. I just had this exact conversation with my partner last night, after reading the article about breakthroughs in non hormonal male contraception. I was relieved to find him completely open to the idea of getting a vasectomy when were ready. He knows Ive suffered side effects and traumatic episodes from various birth control methods in the past and Ive told him before that I would prefer it if I didnt have to take the pill for the rest of my life and he agrees. If our views didnt happen to align Im sure there would be a lot more debate involved with weighing risks and finality of each option, but I dont think its fair to force the option on either partner through expectation or otherwise. I agree that it isnt fair how common it is for people to put the onus on women to handle contraception, and Im hoping that perception is shifting, but at the end of the day it still has to be a choice and not an expectation. That said, your partners reason for not wanting a vasectomy is gross. What about condoms? Womens birth control is just not worth it for me so for me its always been either condoms or the snip. If they dont want the snip for whatever reason, theres always condoms. You should tell him that being with him makes you feel less like a woman. Then leave his sorry ass. If hed feel less like a man, he never was one to begin with. Sorry, not sorry. Cant stand this kinda mentality &gt;My partner disagreed stating it would make him feel like less of a man. Run, and be glad you found out sooner rather than later. Better luck next time. Its reasonable for a person to expect that in a relationship, and it is reasonable for a person to refuse to undergo the procedure for whatever reason. Maybe that means the relationship doesnt work out, but its much better than resenting each other. Objectively speaking a vasectomy is a practical and relatively safe form of birth control. But, bodily autonomy is a fundamental right, and it is not anyones business the reason an individual elects not to undergo surgery. To clarify: it is not a violation of anothers bodily autonomy to set criteria or terms regarding bodily autonomy prior to starting a sexual relationship, or to change your terms after having started a relationship\*. For example you can only have intercourse with sterile people if thats what you need. Or a person can want to be pregnant and expect their partner not to sterilize themself. It is simply the prerogative of the other party to reject your terms at any point for any reason, and vice versa. If that means the relationship does not proceed then it is simply a difference of needs. I do not wish to imply that a couple should break up at the earliest disagreement. I know neither you nor your partner, and do not feel comfortable making a definitive statement apropos of the future of your relationship. Rather, I believe clear communication is required about ones needs in a partner and the anticipated future of the relationship. If there is an irreconcilable incompatibility nobody is to blame. \*I should add—yes, this unfortunately is sometimes used as an excuse for a manipulation technique. An ultimatum made in bad faith is not the same thing as a change or clarification in needs. All forms of birth control have a failure rate that is higher than most people are comfortable with. This is generally roughly approximated at a one in one hundred chance of failure (assuming the worst case of monthly fertility rates and other factors), which is unacceptably high. It is recommended to use multiple complementary forms of birth control if one wishes to avoid a pregnancy. So if you use two that work together, thats a one in ten thousand chance of failure. Three, and you get a one in one million chance. And so on. Thus it is not unreasonable for OP and their partner to want a backup. I think its totally reasonable. Mine did. But have the conversation before you are this persons life partner. If some guy told me pulling his weight in terms of birth control would make him less of a man, that would let me know that he isnt enough of a man to be my life partner Using the pull out method is an excellent way to get pregnant. Yes. That was my point: either the boyfriend picks a good method, or youre left with bad methods. When my wife and I agreed we were done after our second child she said she didnt want to be on hormonal birth control again as prior attempts reall

Back to back UTIs while in another country… Hello all. 22f here, I hope someone can give me some advice here. 3-2 weeks ago after having sex, I found myself with UTI like symptoms the next day. I wasnt able to get to a doctor for a few days because everywhere was closed. When I did go, they told me my white blood cell count in my urine sample was very high and I took Macrobid to treat it. I was still in America when I got it and finished the treatment in Greece, where I now am. I had sex again last night and today I now have intense UTI pain again. I dont understand what I am doing wrong thats making me get them again in such a short amount of time. I also dont really know how to find a doctor here, if symptoms persist before I go back to America in a few days I will try to find a doctor here though. Im also wondering if it could be my copper IUD. Anyone have similar situations/advice? My partners were different but I wore condoms with both and I peed right after all of them. I have also been drinking a ton of water too… Are you urinating after sex? It sounds like chronic UTI. My best friends younger sister has UTIs often, its not fun. It could be genetic or just the shape of the UT. There are [many factors](https://www.mayoclinic.org/diseases-conditions/cystitis/expert-answers/bladder-infection/faq-20057833) for chronic UTI: - Having kidney or bladder stones. - Bacteria getting into the urethra during sex. - Changing estrogen levels during menopause. - \*\*Problems with the urinary tract shape or function.\*\* - An \*\*inherited risk\*\* of developing bladder infections. Ask your hotel if they have a doctor on staff or go to the nearest pharmacy and ask. Pharmacies used to be able to give you antibiotics directly, but thats recently changed. Greek healthcare is actually quite good and inexpensive compared to the US. Also consider you might have a yeast infection from the antibiotics since its a fairly common side effect. I am, but its like my body can only pee a very small amount after, so Im not sure if maybe that makes the bacteria not clear as much My mom has chronic UTIs but it only started recently for her. If I do too, Im shocked that I started earlier. Im staying at an AirBnB, but Ive been able to make some female Greek friends I could ask. Im also in central Athens so I could definitely find somewhere. [deleted] Make sure both sets of hands are clean. I struggled with it when I was younger. Wash your hands before you pee (especially after petting animals etc). Absolutely make sure anyone your sleeping with washes their hands beforehand. While you are in Greece, go to a drug store or pharmacy and get the Multi Gyn Acti Gel. It is a gel that helps you bring the ph of your vaginal flora into balance in an instant. Why? —&gt; Get the ph of your vaginal flora checked. It might be out of balance. When its too high, you are more likely to get UTIs, because the low ph of the flora keeps bacteria away from urethra (little side fact, when your estrogen levels drop, the ph also rises, thats why one gets more UTIs in menopause). Also get an antibiogram done. When you often have UTIs it might be that the bacteria which is causing it might gained resistance against the antibiotics you are taking. With an antibiogram the resistances of the bacteria are checked, so that you get the right antibiotics. Moreover, always use condoms, aside from various STDs one could get, sperm has a higher ph than the vaginal flora and could disturb your ph. (I know OP used condoms, but this is just for information). Thank you for the detailed answer. I believe this actually may be the case, as I suspect I might also have recurring BV that could have caused the problem.

Menstrual woes + antibiotics Im mostly here to vent, so mods can remove this if they dont think its appropriate for this sub. Im currently at the end of a 10-day cycle of augmentin for bronchitis/sinus infection, and Ive had wicked diarrhea through the entire ten days. I havent passed anything solid in over a week, and Ive been so dehydrated and miserable. And today? I started my period. And as a woman with a copper IUD, this means hell when it comes to cramping. So far today, Ive left my bathroom maybe twice since I got up (like, 5 hours ago). Between the antibiotics giving me diarrhea, my cycle usually giving me diarrhea, and the cramps so bad Ive thrown up multiple times, Im just so done. Im literally laying in my bathtub right now, hoping that the pain will end. The thought of food makes me nauseous, Tylenol+codeine is not helping my cramping, Im over-emotional because of my cycle, and I want to cry. And of course this is making me feel even more awful, because I havent been able to interact with my dogs much today and Ive gotten no laundry done. I am just really struggling to get through this day. Send love. Send help. Send memes. Send cute dogs. Im so sorry! This sounds like a really tough time and I wish I could help you : ( I hope it gets better fast. Also maybe check in with your doctor about the severe cramps. \*Internet hugs\* Also maybe try Pamprin on top of the other stuff? It usually helps eradicate mine when theyre horrible. Get some yogurt or good probiotic. Take some Imodium for diarrhea. Take some ibuprofen for cramps. After all that eases up, get a long hot shower and cuddle with your doggies. Hope you feel better fast. This. Probiotics. I like Florastor because you can take them with the antibiotic and it wont become wiped out. All others (like acidophilus) you need to take an hour after your antibiotic. Imodium doesnt really mix well with antibiotics, as in youre supposed to take antibiotics against bacteria, but you are not supposed to take Imodium in case of bacterial infections (cause you want to poop that stuff out asap), read the leaflet... Seconding probiotics soo much, though. Probiotics by themselves should help already. (That said I always had diarrhea on my copper IUD during periods, so I would really hope just the period ending is gonna bring relief by itself, too.)

Taking out my IUD I had an IUD inserted about four years ago (for a medical treatment that I couldnt get pregnant during) and since then Ive noticed a difference in my smell and Ive had ongoing yeast/bacterial infections. Now that the treatment is done, I want to remove it. How long will I have to wait until things go back to normal? Have you gone to a gyno to ask about the smell? Ive never heard of an IUD doing that Its not a bad smell, its just not my smell. Hmm Id still go get it checked out of you havent already. Ongoing infections is no bueno :( Oh trust me, they know. I have medication for the infections on refil at the pharmacy. Theyd said that my pH was out of balance but I think its more hormonal than that. At first I didnt know if it was the treatment of the iud but my last treatment was over a year ago and Im still having issues. So, out with the thing and let me get back to normal. I just dont know how long that takes... Depends on why youre experiencing the issues. If it is due to hormones in the IUD and you opt for a non hormonal birth control instead (like condoms), then you could expect things to return to normal as early as 2 weeks and as long as a few months (however long it takes for the extra hormones to totally clear your system). If, however, the issues are actually caused by semen, then thats a different story. Did you get the IUD so you could have unprotected sex? If so, it might be \*that\* which is changing your scent and causing yeast infections. Semen changes the PH levels of your vagina, which can severely affect some women. If so, removing the IUD wont solve this unless you switch to using condoms. I got the iud because I was having Lemtrada treatments (a type of chemo drug) for my multiple sclerosis. The last treatment was last two years ago. My husband and I have been together for 18 years and have a child together and were pretty active sexually. In the time weve been together, I havent noticed anything like this. Then probably its hormones and Id expect resolution about 2 months after you have it removed. Hopefully sooner! I got a pretty musky vaginal odor when I was using NuvaRing for about 6 months, and IIRC, it took about two or 2 1/2 months for me to get back to normal after I stopped using them. You had the IUD in for a while, but the hormone levels are much lower (assuming that you have a hormonal IUD). Yeah, its Mirena.

IUD (kyleena) and recurring bacterial vaginosis Im thinking of getting my IUD removed. Ive had recurring bacterial vaginosis with or without sex for over a year now. Ive tried all the antibiotics, and boric acid just doesnt cover it anymore 😞 I dont have the fishy odor but I have the worst urinary symptoms that continue to get worse. I feel like I can never empty my bladder, I pee all the time, and I leak in my underwear. Its horrible and so uncomfortable. Has anyone removed their IUD and felt better? My biggest question is: has anyone gotten a NEW IUD and felt better? I know that bacteria can live on the strings. I cant take oral birth control for health reasons. BV and UTIs are separate things. If youre repeatedly being treated for BV that may not be the best treatment for UTIs. Have you discussed all these symptoms with your doctor? And have you been referred to a urologist or gynecologist who has expertise in urinary and pelvic floor issues? Yes Ive discussed the symptoms with my doctor. The problem is I never test positive for a UTI. I only test positive for bacterial vaginosis. Its not as common, but bv can mimic UTI symptoms. The bladder leaking and frequent urges do not sound like BV. Im not a doctor, but I really would encourage you to talk with a urologist because this sounds more like interstitial cystitis or a pelvic floor problem. By all means get the IUD removed too if you suspect that may help. But talk with someone who knows the urinary system because thats where your symptoms are. Edit: Also the bacteria that cause BV are to an extent opportunistic, and can be present without causing symptoms. Its possible the BV bacteria are able to grown and thrive in part because the urine leakage is changing things to favor them. Talk with your doctor(s) about whether the positive BV test might be a result and not a cause. I really appreciate this, thank you 🙏🏻 def investigate interstitial cystitis, agree strongly with this comment. Another thing to get tested for is a ureaplasma infection. Im 22F, had this at age 19. I had tested positive for UTIs and had these symptoms with no end in sight as well, which then developed into burning bladder pain, because my bladder was swollen. You have to ask for the test, its not known about enough. The only reason I knew to get it is because my mother is an OBGYN and pushed the lab to test for it, she went on two diagnose 2 more patients with it! And any other women reading this please keep it in the back of your mind, not nearly enough people know about it! My urine had proteins and blood cells in it as well, if youve had those. Good luck! What did they treat you with for the ureaplasma?? Did the symptoms stay away, or is it something that comes back? They gave me an antibiotic I took once or twice daily (cant remember) for maybe two weeks and I never had any symptoms again. If youre sexually active, did symptoms return after having sex again? Im super worried about that I was/am and they did not. I do get UTIs fairly easily but just really try to drink a lot of water / immediately pee / shower after, and remember which antibiotic works best for me Now that people are upvoting this months later… please for the love of God, test for ureaplasma mycoplasma and chlamydia. &amp; get yourself to a pelvic floor therapist if treatment doesnt help was it your IUD or did it end up being those? It was ureaplasma. I havent had bacterial vaginosis since I was treated for ureaplasma.

I cant get there Im just looking for some advice from fellow women. I (25F) have had 1 child (3F) with my partner of 7 years (32M) and Im having some problems with my sexual performance. For around 10 months to a year now, I cant get to the Big O regardless of whether Im with my partner or if Im engaging in some solo time. I got there yesterday but it was over an hour of hard work and frustration and when I hit that peak I physically cried because its been so long. For some extra info I thought might be asked... Im not on any anti depressants, I have an IUD, I dont watch adult videos, and up until about a year ago, I could get there within 5 minutes by myself very reliably, and within 20 minutes with my partner, but that was hit or miss if I would get there, it was 9/10 with oral. I still enjoy the intimacy of sex, even if I dont finish, the closeness and the sweet nothings, the love myself and my partner have for each other is wonderful and it definitely translates to the bedroom, but I just simply cant get to that big moment. Should I just accept that I wont have that anymore or should I get it investigated? Thanks 👉👈 The chances are theres a stress factor. But its definitely worth seeing a doc about, even if its just to put your mind at ease. If it happened soon after having your child Id suspect something physical arising from pregnancy or birth but it seems unlikely a couple of years later. Itd be worth getting a blood test though, just to rule out hormonal issues or anything else they might suspect. But my guess would be stress. Toddlerhood is STRESSFUL. I was there not so long ago myself. Hope you get it sorted out. And of course you shouldnt just accept it. Something has changed, Id want to know what and work towards getting it back. Stress and tiredness, its hard to let go and focus (I couldnt even take a shower in peace sometimes, I thought I could hear the baby cry every time I turned the shower on), thinking about everything you havent gotten around to do, or just being plain exhausted. Try (if you can!!) focus more on getting rested and relaxed rather than stressing about not getting there, it might help taking the pressure off. Check out the book Come as you are for a ton of info on things like brakes and accelerators, how stress affects us, how to de-stress before trying etc (a lot of people think sex is stress relief, some people need to be calm before attempting sex, some people find sex stressful) What kind of toys do you use? I find a clit-sucking toy like the womanizer, satisfyer pro or lelo sona can kind of brute-force an orgasm in a few minutes. You could even try full-body erotic massages before even attempting an orgasm. Basically everywhere but the clit. Look, this is going to sound INCREDIBLY dumb, but I do know diet (i.e. food allergies or sensitivities) can result in vaginal dryness as well. Maybe its worth getting that checked out too. (FWIW mine is gluten.) Edit: To be clear, I know you didnt mention vaginal dryness, so if thats not a problem for you then ignore this post. To be honest I was kind of scared of my own body for ages. I hadnt even touched myself until I was 22. As for toys, I have a bullet, a jack rabbit thingy and a plug in wand. I may have to look into these others youre talking about. Im by no means a blushing virgin, but I just feel like Im so inexperienced with self pleasure that I just have no idea what Im doing. Thank you To be fair I need disgusting amounts of foreplay before I am even remotely ready. So thank you for this I have a lactose intolerance but I never pay it any mind as my symptoms are very mild. Thanks TW by the way. I am an insomniac and have been for 14 years now. and I had 8 losses before I had my daughter so the fear of something happening is always there. This might be a factor thank you so much Thank you so much this comment made me feel like Im in fact NOT broken. I appreciate this so much No worries, hope you can sort it soon! Sounds like the ladies in this thread have great tips :) My tried and tested solution is to read slash fic to get the mental gears going, buuuuut Im also happily single and intend on remaining so for... well... ever. Plus that might not exactly be your thing, haha, not everyones into fanfic. Im a Dramione Stan and I read slash to get the mental gears going for sure!! I did think that too and Im sorry this happened to you too. The first 6 months I did not sleep for fear of cot death (breathing detectors on nappies, baby monitor at max volume even though I was an arm length away). Its exhausting! Dont put pressure on yourself, it will come back gradually, youre too busy being a super hero right now x Love it. I never got into Dramione, but I do like Tomarry (and Harrymort) and some Snarry.

Living this insecurely is surely not sustainable. My partner is in the process of getting a vasectomy, as my IUD expires this year. Just realized I still should get another put in while I can, in case I get raped. WHAT A COOL WORLD.

He came in me without consent I dont even really know why Im posting this I just need to tell someone My fwb and I recently stopped using condoms because I have an IUD and we both got tested, in the past he has pulled out anytime we didnt use condoms. He also knows he was the first person I didnt use a condom with and that I have never had someone come in me Last time we had sex he pulled out and afterwards he asked if Id be okay with him not pulling out. I said well see Today we had sex and he came with no warning inside me. Said he wasnt thinking blah blah. I feel like if I tell people about this theyll say he got tested and youre on bc, whats the big deal. The big deal to me is that he did this with no warning, when the last time he asked about it he got a well see which isnt a yes. I can understand being upset because you didnt consent to it. Plus, theres the fallout to deal with. Cleaning up for hours afterward. No thank you. [deleted] He doesnt respect you. Cut him off. So he was able to pull out all the times in the past you didnt use condoms, but this time wasnt thinking? Hes a lying asshole and tell him that since he wasnt thinking he wont be fucking you any more. Hes controlled it plenty of times in the past and he never said this time that it was because he couldnt control it so I dont buy that Especially post-Roe, this is NOT okay. That was not something you agreed or consented to in the moment. Time to fire that fwb

Im reliant on condoms for birth control and I hate it So this has been on my mind for basically years. I have done a LOT of homework on birth control, obsessively so. Now that Im not dating or hooking up at all its shelved, but its on my mind and a major source of insecurity for me, among many. I cant do anything hormonal because I have extreme sensitivity to it - tried multiple pills and the Nuvaring and ended up with anything from severe depression (crying all day, suicidal etc.) to weight gain, bloating, high cholesterol, vaginismus and intense month-long bleeding after the hormones created a big ovarian cyst. Doctors have warned me this could still happen with basically any other hormonal option Ive yet to try, like the hormonal IUD, patch, implant etc. So youd think, just rely on non-hormonal birth control right? Well. Because I have PCOS, I already bleed for a minimum of one week (it was more like 8-12 days for years), and its likely the copper IUD would force me to take blood medication to control it (per my doctors). That also means the fertility awareness method wouldnt be ideal since Im not always regular, and its also extremely time consuming both to learn and to implement, and statistically its not the most reliable and I would be anxious about it. Then theres the problem that I am very prone to UTIs when Im sexually active and generally have sensitive skin, so most spermicide based solutions (or generally the less common barrier methods) arent only less effective than hormonal methods\\IUD, they would likely irritate my skin and my vagina. Same with the birth control gel thing. And the pull out method is notorious for a reason. So that leaves me with condoms, male or female - the classic barrier methods. I used male condoms in my last relationship but... It was hard to know that my ex always felt like he was missing out on something, and I dont know anyone who fully relies on them in long term relationships. People always complain about them and are happy to ditch them once STD concerns are (mostly) off the table. Losing the condoms is always hailed as the best thing ever. My health is generally something that bothers me in the context of self-esteem and dating, but I still consider myself pretty much able bodied. I could find a partner whos more into chill activities like me, one day, and that should be ok. But how many guys wouldnt just get frustrated after a while? I dont even orgasm from penetration, and the thought of putting myself through hell for a guy to be able to fuck me raw sits in my stomach like battery acid. Its unfair. Im so frustrated that theres no male pill on the market and the ones being researched still have YEARS to go before release. And I read that you shouldnt get a vasectomy unless youre not really planning to reverse it, and I dont know who would ever be willing to do something like that in my age group (late 20s). Is there anyone out there like me? Maybe a success story of someone in a happy long term relationship whos been ok relying on condoms to give me some hope? Back in school, they taught us how to use condoms to prevent disease and pregnancy. So, everyone knows how to use a condom, right? Wrong. They never taught us how to use a condom to feel good for the guy. So guys go through life thinking that condoms feel 20% as goos as bare. That is incorrect. He, therefore, does everything he can to avoid condoms. The two things a guy generally likes during bare sex is the slipperiness on the tip and the natural feel of friction of skin on skin contact of his shaft. To replicate that with a condom: non-lubricated condom with a drop or two of lube on the inside tip. Then roll it on. Then add lube to the outside as needed. This will make the tip experience slipperiness but hug the shaft with the non-lubricated inside shaft that allows him to feel more natural friction against the vaginal walls. Many women can appreciate that feel, too. The lube on the outside ensures that she doesnt get abrasions. Presto. It now feels 75% as good as bare for the guy and nearly 100% as good for the woman. My partner and I will have been together 10 years this summer, and we still use condoms. It provides peace of mind, doesnt require a schedule, and makes clean up that much easier. The best partner for you is one who cares more about your health and well-being than about barrier-free sex. Anyone who doesnt probably isnt compatible for you in the long run, anyway. Condoms will make one feel a bit less direct contact, but they dont have to stop feeling pleasure. As noted, properly worn condom (and it is important to know how to wear it) with a drop of lube at the top and lubing it on the outside, plus using ones that are skinnier - this really helps. And, well, even if its not as pleasurable for the one using them, there is something to say that caring for the other person may help in enduring it. And there is oral sex, manual sex etc. I hope you find a right person for you, the condoms themselves arent (in the end) such a big deal, I find:) Ive been in a relationship for 4 years now and we still use condoms even with my iud. Honestly it makes cleanup much easier and makes sex last a bit longer. Any partner that treats wearing a condom as a big deal or complains about it does not respect you or your health so they wouldnt make a good partner anyway. A friend of mine used condoms with his wife for over 9 years. Theyre separated now. Your boyfriend is NOT missing out on anything by using condoms and if they tell you that theyre manipulative. My bf has a vasectomy, it is truly the best thing about him. Interesting tip (lol, pun almost intended)! Thank you for this one, Ill keep it in mind for the future! Thank you for the sweet comment, hopefully Ill find the right person one day! I agree, but its really hard to negotiate that in my head you know? Hopefully I will one day. Hahaha thats the best thing?? Thank you so much for this comment, really encouraging! This is really good to hear, thank you!

Vaginal issues Hey everyone Ive had this issue since I was 16 (when I started my period), after every period I get intense itching in my vagina and my labia swell so much, it unbearable. It stopped when I went on the pill and when I came off started again. I got pregnant and after my pregnancy it got even worse, I went on the implant and has not been an issue since. Except for today, even though I havent had a period- I have however been ovulating. Ive gone to the doctors multiple times and its not thrush or bv nor and STI. Does anyone else have this issue. Have you been diagnosed with anything its so unbearable. Thank you Do you wear pads or liners or anything? Some people can react to these. Has anything else changed in your life? I dont wear pads at all because it makes it worse so I have to free bleed which makes it impossible to go out I have a lot of food allergies and the response from eating something that Im allergic to isnt always swollen throat and hives, sometimes its itching, and yes sometimes its only down there that has this response. Maybe get tested for food allergies. If an antihistamine like benadryl helps with the itching, then you might know that its allergy related. I also noticed that its more likely to be an issue during certain times of the month when theres more fluid being produced there. That puts whatever allergen thats in my blood in higher concentration in that area. I saw a doctor who said this could be a mild yeast infection- on the actual skin, not the type thats inside your vagina. I started changing my pads/pantry liners much more frequently and I started blow drying myself after every shower, it really helped. This is really interesting thank you! Next time it happens Ill try and antihistamine and see what happens !! If you have health insurance, go to an allergy doctor and get tested.

Chronic yeast infections/bacterial vaginosis and Im at a loss. This is really frustrating for me. As a child I got so many bad yeast infections, but eventually they just stopped. Then this year Ive had like 6 of them. Its been a mix of yeast infection/BV/UTI. I dont know what to do . The medications the doctors give me dont work anymore. Ive been trying to abstain from having sex with my husband because it is extremely painful and I get sharp shooting pain in my sides. But he is getting impatient with me. After like 9 days of not having sex we did and it so was painful, just felt uncomfortable and didnt feel good at all. Now I think I have a yeast infection. I took antibiotics and 2 doses of diflucan. And nothing. The Monistat doesnt work. A doctor told me cranberry juice and yogurt wouldnt help. I take all the preventative measures for, cotton underwear, not wearing underwear, I dont douche (never have in my life), peeing almost immediately after sex. My sex lift is suffering as a result. Im never horny. Now Im having an extremely painful period. I have to get my iud replaced soon. Im just at a loss. Nothing works and it always comes back. Update: I love my husband very much . We are just both frustrated this is happening. He had an asshole moment but that doesnt make him one. Just like I can be a bitch, we all have our bad moments. And we discussed it afterwards so we are fine. Anyways, my husband &amp; I drove home to my MIL. I told my MIL what was happening &amp; she gave me a glass of wine and told me to drink and after dinner she was taking me to the ER to get my IUD removed. So we went to the ER , but they didnt remove the IUD. When Im back home Im going to the obgyn. They didnt even give me a diagnosis they just gave me antibiotics to treat chlamydia even though I dont have it. I asked the doctor to take blood work and he said it was unnecessary. But I dont have any ovarian cysts or polyps. Im trying to convince my husband to go get tested. He doesnt believe he could have a yeast infection or BV and is transmitting it back to me, but Im going to try to get him to go just in case. Im glad its nothing life threatening I guess. But Im scared because I still dont know what it is. Love Wellness makes wonderful products. I use The Killer anytime things are off, and it always works for me! Switched to their cleanser as well as their probiotics. You can order them online from their website, or find them at Ulta and Target. Your husband is an asshole! See a different doctor. I had an identical situation, was driving me crazy. I finally tried boric acid suppositories and they completely cured it. It was amazing. You might want to look into them. Men can carry BV bacteria on the skin of their penis and in their urethra. Its entirely possible that your husband is re-infecting you. Id look into getting him checked out too. I feel all year I have had yeast infections that go away after getting treatment for a week and then come back soon after. Ive just stopped trying to solve them as mine dont hurt except for painful sex, a smell that wont wash away and almost no libido. But I too have an IUD inserted (Mireena) which I feel may be the cause of my symptoms as they began a few months after first getting mine inserted. Has there been any change in the soaps you use? Your accomodations water quality? Could it even be a mix of an allergy and infection? Your husband should not be guilt tripping you or making you go through pain for his pleasure. Perhaps ask him to set some himself some time alone before bed to do his thing instead? This! Have you thought about trying a more holistic approach? Try cutting back on sugar and foods that contain yeast or mold. Also antibiotics could be helping cause the yeast infections as well. Try taking some probiotics when youre not on the antibiotics and look into some supplements like oregano oil with anti fungal and anti bacterial properties. Also Im not a health professional, just offering some advice. I dont have any advice for the medical issues but- asking as someone on the asexual spectrum, how is 9 days without sex during a medical issue a problem? The fuck? Boric acid suppositories worked amazing for me as well! Now I keep a stash on hand and if I feel like I might be getting symptoms I will pre-treat it. hugggggeeeee red flag imo Im so sorry youre suffering and there is some good advice posted by others for the issues youre having. But I have to say it, your husband is complete trash. He couldnt masturbate until you were feeling better? What a fucking asshole. Probably this. Me too! I am so grateful someone told me about them. Probiotics are the only thing that help me after taking antibiotics. Get the expensive refrigerated kind. Take them daily with food for at least 30 days. I used to have an IUD and got UTIs every once in a while. After taking antibiotics for that, the inevitable yeast infection followed every time. Eventually the yeast lived permanently on the IUD and broke out once a month due to the changing environment in the vagina that came with my cycle. The yeast infections stopped coming back as soon as the IUD was removed. My gyno and other doctors at the time also confirmed that the IUD was very likely to blame. Maybe this experience helps, I wish you all the best. These things are so frustrating. sounds like its coming from your husband. also its a red flag/asshole behavior to demand sex knowing youre in pain or struggling with a health issue. tell him to take care of himself and to stop bothering you while you heal and figure out where its coming from A friend of mine was getting frequent yeast infections and she said that soaking her coochie in the bath was super helpful. She had rarely taken bathes before then so idk maybe incorporating that can help some? Its not, OPs husband horrifies me. I would never dream of coercing my spouse into sex when they were feeling unwell (or like, ever). Ive gone months without sex with my partner because of health issues with one or both of us. Its unusual for us because we both really enjoy sex, but its totally normal if it happens every now and then in a long term sexual relationship. This happened to me after my 2nd cystectomy and it finally got under control after getting on a probiotic (Sams club). The next option was the boric acid suppositories- which I havent tried but heard good things. You shouldnt be experiencing so much pain though unless theres other issues. You should get checked out. And tell your husband to jack it for awhile instead of guilt tripping you like an asshat. Husband freaks out after nine days of no sex due to a medical reason and OP has posted their husband wants to try cocaine. Find a new husband lol. Im guessing its coming from your husband. I had this problem, and I kept getting reinfections. My boyfriend at the time blamed me, that I was cheating on him or some stupid shit but really it was him and he just refused to hold himself accountable for it. I also got the HPV shot. This is what I came to say. My Mom use to get chronic yeast infections. Boric acid suppositories where the only thing that worked. Seconding this. Worked for me too! Seconded for boric acid. Yeah this is weird af, I cant even imagine pressuring my partner for sex when they have an obvious medical issue. Nine days isnt even that long. Dont lose hope. Research a very good OBGYN in your area and read the Google reviews. You havent found the right doctor yet. And tell your husband hes being an a$$ for pressuring you into his selfish needs over caring for you and having empathy. And can transmit thrush back and forwards too. [deleted] Its one of two things - your IUD is making things worse (especially the low libido), Id have your husband get checked that hes not re-infecting you - both of you should get treated. Ive actually heard of women getting recurring yeast infections because they had sex with their partner and they got a yeast infection too so it was just being passed back and forth between them until they both treated the infection. Now, I have had two experiences with IUDs (Mirena and Skyla) and I have to say I didnt have pleasant experiences with either of them. I had miserable cycles - pains on my right side and ultimately I only kept Mirena for 2 years and Skyla for just a few months. Im convinced that my Mirena caused my secondary infertility and killed my left fallopian tube (had a hysterectomy last year and in the pathology report, my left fallopian tube was actually described as yellow in color and it was completely blocked). Im so sorry that youre in pain and miserable. It sucks that your partner is not more understanding about what youre going through. But in order for both treatments to be successful, abstinence is probably the best for both of you until you are healed. Lastly, the doctors will never admit that your IUD is the issue - they are all convinced that birth control is the answer to all of our ailments. Dumb question, is that a one and done solution or would you have to keep using them? Put homemade yogurt down there, right before bedtime. 3 days should be good. Also start sleeping without underwear. Air helps. The yogurt is amazing though. Cranberry juice will work to change the pH of your urine which can help with a UTI, but this sounds like something worse. Im wondering if your IUD is causing an issue - since its the one constant youve got. See an OBGYN and have your husband see a urologist. I was having chronic yeast infections nearly every month for a couple years, but when I had my IUD removed and got a Nexplanon instead basically all my problems cleared up. I read on Reddit that someone found their IUD was harboring a colony of yeast that was constantly re-growing despite frequent antifungal treatments, which is why I switched BC methods. Theres no guarantee that a different BC will help you, but its worth a try. Its worked for me quite well, been yeast-free

IUD ladies - I have a question! My fiancé can feel my IUD is that normal? [deleted]

im removing my birth control. to put it bluntly, I hate sex. it has absolutely no benefit for me. I do not orgasm, penetration hurts even if im turned on, and afterwards im left feeling empty, annoyed and slightly in pain. my first time using b.c was with the copper iud because I was afraid of hormones (due to a lot of the complications it causes down the line) but as you may expect, I experienced some of the worst pain of my life with the copper iud. I switched to the pill, kept forgetting to take it and now im on the nexplanon. birth control, in all its glory, has been bittersweet. im not a teen mom so thats great, but I bleed constantly everyday, my depression has skyrocketed, my breast are bigger than I would prefer and all in all, I simply dont want to engage in sexual activity anymore. I am no longer with my boyfriend of 4 years and im not into hooking up with people. I just think its time. im tired of suffering for the benefit of someone outside myself, especially when I get nothing out of sex. now, ive only has sex with two people (im 19) but both experiences have been annoying and I usually ended up regretting the interaction afterwards. one day ill get back on it, but I plan abstain from sex for now and focus on myself. Good for you. \_hugs\_ I am so sorry youve had bad experiences with birth control, but its good that youve decided to stop suffering for others. I do not believe that is healthy to do and that is not loving of our partners to expect that (or be ok with it) from us. Also, you are still very young and I am not surprised youve had bad sexual experiences. Many young women do and its no wonder you arent enjoying yourself with what youve shared. I think if youre in pain and not enjoying what youre doing, stopping that activity is best. I think this will be a good decision for you! Be well and good luck! It is your decision weather or not to be on birth control but at 19 sex shouldnt hurt(when turned on)and you shouldnt be bleeding every day. Please talk to a doctor about your symptoms. This X1000 I felt exactly the same way you did when I was 19, but I continued taking it for another 6 years, I tried a bunch of different things but nothing changed. Honestly I regret not doing what youre doing, I wasted years of my life feeling shit, with giant boobs and always bleeding. So do what makes you feel good! And I know not everyone is the same but when i quit I actually started enjoying sex and my new small boobs are great. At 19, you should not be bleeding everyday and you may be developing vaginismus, PID or similar. Please see a doctor, or get a new doctor if your current one thinks all that is a non issue. Yes good for you. Your life, your choice. You dont need any sort of hormonal birth control to have an active, fulfilling sex life (should you decide you do want that someday). I have never been on any form of bc, only ever used condoms even after marriage. We were extra careful when I was ovulating, and when we decided not to have children my husband got a vasectomy. If bc doesnt agree with you, theres no reason you absolutely must use it. I can sort of relate to this post so I wanted to share my experience. I used to have the same troubles with sex (pain and feeling annoyed) to the point where I thought I would never ever enjoy it. It really broke me (and my self-esteem) down emotionally and I thought there was something wrong with me and my body. Sex always felt like a chore that I \*had\* to do because I felt like I had to satisfy my boyfriends needs. Then I broke up with my boyfriend. Wed been together since I was 13-14, up until I was 17. There were many issues that were never adressed due to our young age and lack of communication skills. Now, having found my partner that is honestly my favourite person Ive ever met for various reasons, I can safely say I absolutely love sex. It was an eye opening experience, to not be in pain at all and actually feel \*good\*. Whatever the cause of this difference in experience may be, Im glad I now know this. Because if I hadnt, I may have still been in the same place you are in now. But OP, I do understand how you feel and it is absolutely okay to abstain and focus on yourself for awhile! After breaking off a relationship, it feels nice to focus your time and energy on your own well-being. I wish you the best and I hope that youll feel better after removing your bc! &lt;3 Youre absolutely right to hold off. But dont feel doomed. It was five years from my first time to my first orgasm. 5. All it took was one guy \*actually trying.\* I started having multiple orgasms after I had sex with someone who tried and was enthusiastic about it. Like yummy noises. You will find good sex eventually. The best part about this is that you wont tolerate jerks in bed. Heck, you can kick them out in the middle of it if you want to. Rock on! The bleeding may be due to the implant. Irregular bleeding with the implant is very common and one of the most common reasons for removal. Though I agree OP should see a doctor. Interested to know what he did differently. The first dude used his hands and the second his mouth. Note the lack of penis involved. Can you please expand on the yummy noises part? No https://asexuality.org/ I felt a lot of the same things. I hated Nexplanon. I had the worst mood swings on it. Were just confused what you mean. Did he make yummy noises that showed his enthusiasm, or did you because he was enthusiastic? Or did no one? Did you just mean \*yummy noises\* as a description of how good it was to us now? He made yummy noises. 😉 My gf has been bleeding for about 2 months after switching her birth control pill. In the end, everything normalized and shes having 3 days periods and pretty much no side effects. Keep looking for better options (including better partner). Sex should never hurt Basically it almost always boils down to rubbing or licking the clitoris. The clitoris is the main pleasure giver for most women, much like the tip of the penis is for men. I think she maybe just means that anyone loves when their lover sounds like theyre enjoying themselves. At least as a noisy man, I have been told by almost every woman I have been with that I moan a lot and they find it super hot. Most men are usually quite quiet, they say. Believe it or not, I wasnt always like this. My first told me eventually that she wasnt sure if I was enjoying it - could I please make some pleasure noises? It felt unnatural at first since I was used to having to hide it all my life up until that point to not be discovered by family when I lived with them, but I faked it till I made it and it soon became a natural part of me. Im a guy. You do you. Be happy the rest will fall into place. My girlfriend has a thing where she often finds sex painful, im apparently her first partner to work with her on making it not painful and finding ways to stimulate her beforehand that help it all. I didnt read all the responses, but did you just have a shitty sexual partner? The more i learn about people the more I realize how fucking awful a lot of males are (especially under 25 ish) as sexual partners for female satisfaction? As others have said, the not wanting sex is the least alarming part of this post. Please consult a doctor, I hope its nothing / stress / easily treated This. Good for you deciding whats right for you, but do take the next step. If you ever do decide you want to have sex, making sure you dont have a medical issue will make it much easier. Even if you dont, you might save yourself a lot of trouble and pain. Yeah I spotted daily with nexplanon, which was one of the milder symptoms D:

Fed Up With My Reproductive System Yall, excuse my rant, but I am beyond done. Im a 20 year old non-binary person with a uterus. And it apparently does not know how to be nice to me at all. Even since I was young, I had the worst, heavy, painful, puke-inducing periods. I got on BC pills at 15, ended up switching to Nexplanon at 16, it helped a lot. Then bam, endo diagnosis. Oh well. BAM. Constant ovarian cysts. This year, I got PID for the first time ever after a tinder hookup spree. (Wrap it before you tap it, yall.) The man lied to me, so I went months just thinking it was a nasty UTI until I ended up in the ER on IV antibiotics. Okay, miserable experience, but got better. Then a few months later, I was seriously trying to date a man. I used protection up until I trusted him, asked if he had been recently tested and he said yes. BAM. Chlamydia round two, severe PID requiring hospitalization. (He felt awful afterwards, didnt realize you have to get tested after every new partner, we are still good friends to this day.) Ok, fine, treated it. Except by the time I realized I was sick, I was dating my lovely bf. He caught the STD, we treated it, it came back, treated it. Now I just got diagnosed a THIRD time with PID and it is the most miserably painful experience. 102° fever, sick as a dog, cant eat or sleep because my heart rate is sky high. Now Im about to be taking 4 pills a day for two weeks again, and I already have a bad stomach. (Chrons.) Not to mention the friendly little yeast infections that come with long term antibiotics and the fear of C Diff. I was told at 20 years old I will probably not be able to conceive children. Kids arent on the table now but I wanted to have kids of my own in the future. Im an adopted kid, so I know the mental trauma adoption can entail. Im fed up. I want to remove my uterus, its so scarred up its essentially useless. But we know that nobody is going to perform an optional hysterectomy on a 20 year old. Im so angry and lost. Maybe someone can relate to this feeling. \* also wanted to note bf and I are monogamous and I turned up clean after dose two, he didnt get retested because he didnt have any symptoms after taking his antibiotics. Hes been lovely and so caring while Ive been this sick. Im so sorry you had to go through all that. I have no advice but my heart goes out to you. Thank you for sharing. Hey, Chlamydia happens. Im over 40 and also tired of my uterus . Solidarity 🤜🏻🤛🏽 Same, my friend. #solidarity Im in a similar position but 40 (nb pcos probably endo too and no eggies coming out). I really want rid of mine, going to ask doc to look into removing it (the child free Reddit has a list of docs in my area that are hysterectomy friendly if mine is a dick) though find the list and gtfo its a pretty toxic group lol. Failing that I am thinking of paying to have it removed privately which costs £5k+ at first level basic research.

Should I take a plan b? I went out last night and got a little too tipsy. I ended up hooking up with a guy, I remember us doing foreplay but I honestly cant remember if we had sex. Ive had the nexplanon implant since 2017 (4 years), its recommended to work for up to 5 years. Im contemplating if I should take a plan b just to be safe? I could be paranoid right now, because I get really bad hangxiety. Any advice? Better safe than sorry. I would not leave it to chance. I love my nexplanon! It is as reliable as tubal ligation. On one hand, I think you are safe, but on the other hand, if it gives you peace of mind I dont think there is any harm in you taking it. I dont think its necessary. Exactly Peace if kind!! My only concern with this is the possibility of plan b interfering/reacting with the nexplanon? Maybe op should talk to a docor first? no. you have a nexplanon and dont need it.