

Coping with premature ejaculation

Stop start technique



Information for patients

Urology



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Working with rapid or premature ejaculation

Learning to control premature ejaculation without the use of drugs or desensitizers involves learning to read the signals your body is giving you, knowing when you are about to ejaculate, and pulling back from that point. The technique below is a variation on the common 'start/stop technique'. Before you begin you should take some time to understand the basics of premature ejaculation, a bit about male sexual response, and what pelvic floor muscle exercises are. Here's how:

Use a stroking technique

Begin masturbating by stroking your penis up and down. This is the best method for these exercises as it most closely approximates penetration. Don't think about premature ejaculation or trying to last longer. Just pay attention to the physical sensations in your penis and pelvic area as you're masturbating.

Try to notice the 'tickling' sensation prior to ejaculation

As you get close to ejaculation pay particular attention to the physical sensations in your body. Try to notice the 'tickling' sensation that occurs just before you ejaculate. Once you know what that feeling is like, you can concentrate on the feelings that occur just before this stage, when it is still possible to stop ejaculation.

Continue masturbating without trying to last longer or think of anything special. Just pay close attention to how your body feels as you become more excited, and to recognise the 'tickling' feelings. Do this for at least the next three times you masturbate. Don't stop yourself from ejaculating, just try to recognise the 'tickling' feeling, and the feeling in your body just before the tickling feeling.

Start and stop masturbating to learn control

Once you can tell when the 'tickling' sensation is going to come you're ready to begin the exercises. Try to avoid fantasizing more than

necessary, and don't use lubricant or sex toys while doing these exercises.

Begin stimulation while paying close attention to the physical sensations in your body. Masturbate until you start to feel turned on and have an erection. Then stop the stimulation for at least 15 seconds and concentrate on the feelings of decreasing excitement in your body. Notice how your penis and pelvic area feel, and how that changes when you stop stimulation. Notice how the rest of your body feels.

Continue until you get close to the 'tickling' sensation

Begin to masturbate again, and continue to start and stop periodically until you feel you are getting as close to the 'tickling' stage as possible. When you feel yourself getting close, stop until you feel you are back in control. Some men find that doing pelvic floor 'squeezes' helps them get back in control.

Don't worry if you lose your erection

You may lose your erection when you stop the stimulation but just start again. You may need to use fantasy to get excited again, but once you're turned on, try to focus on your body. Bring yourself close to the tickling point three times. After this, you can just masturbate until you ejaculate.

Pay close attention to your body and repeat this exercise daily

You may find it difficult to do these exercises at first. You may lose your erection, your mind may wander, you might get bored. But try to stay with it, and practice this daily. As you do, two things will happen. First, the length of time you have to wait to regain control will gradually decrease. Second, the length of time you can continue stimulation between stops will increase.

Build up the number of times you stop. Increase the number of times you stop stimulating yourself until you have reached six. Once you can

do the entire exercise (stimulating yourself just before the 'tickling' point, stopping stimulation until you regain control, and then starting again) six times, begin to practice this daily.

Use a good lubricant

Once you're feeling confident with the exercises, and are able to stop six times, you can increase the stimulation and the usefulness of the exercises by using a good oil or water-based personal lubricant. Because this is only for masturbation, an oil-based lubricant is fine to use (but not safe for use with condoms, and not recommended for use in vaginal penetration). Using the lubricant to simulate penetration, start the exercise. As before, stimulate yourself as closely as possible to the point of ejaculation and then stop until control is regained. Begin by stopping three times before going on to ejaculate, then gradually increase the number of stops to six per session.

Once you feel comfortable, include a partner

If you are in a relationship, ultimately you need to bring your partner into the exercises. Don't rush this, but once you feel confident with your ability to know when to stop and wait until you regain control, you can involve your partner in the exercises.

Tips:

Don't ever try to stop ejaculation once it has begun. If you go past that point, just let yourself ejaculate.

Try to use fantasy only as much as you need to. Because of the starting and stopping, you might need it to get yourself aroused again, but once you are turned on, try to focus back on your body and how it feels.

If you usually masturbate by rubbing your pelvis against something, try to use a stroking method. For these exercises, this makes it easier. If you have to change your usual method for the exercises, take a few sessions to get comfortable with this new method.

Some men find pelvic floor muscle exercises help them both by increasing their knowledge of their sexual response, but also the pelvic floor muscle squeezing can return a feeling of control when you are approaching the point of no return.

As you go on to each new step you may find yourself losing some of the control you have developed. This will happen, but if you keep practising you'll continue to progress.

The pause-squeeze technique:

Learning to control premature ejaculation without the use of drugs or desensitizers involves learning to read the signals your body is giving you, knowing when you are about to ejaculate, and training your body to respond differently. The technique below is called the pause-squeeze technique. Before you begin you should take some time to understand the basics of premature ejaculation, a bit about male sexual response, and what pelvic floor muscle exercises are. Here's how:

Use a stroking technique

Begin masturbating by stroking your penis up and down. This is the best method for these exercises as it most closely approximates penetration. Don't think about premature ejaculation or trying to last longer. Just pay attention to the physical sensations in your penis and pelvic area as you're masturbating.

Try to notice the 'tickling' sensation prior to ejaculation

As you get close to ejaculation pay particular attention to the physical sensations in your body. Try to notice the 'tickling' sensation that occurs just before you ejaculate. Once you know what that feeling is like, you can concentrate on the feelings that occur just before this stage, when it is still possible to stop ejaculation.

Continue masturbating without trying to last longer or think of anything special. Just pay close attention to how your body feels as you become more excited, and to recognise the 'tickling' feelings. Do this for at least the next three times you masturbate. Don't stop yourself from ejaculating, just try to recognise the 'tickling' feeling, and the feeling in your body just before the tickling feeling.

The pause-squeeze technique to change start and stop masturbating to learn control

Once you can tell when the 'tickling' sensation is going to come you're ready to begin the exercises. Try to avoid fantasizing more than necessary, and don't use lubricant or sex toys while doing these exercises.

Begin stimulation while paying close attention to the physical sensations in your body. Masturbate until you start to feel turned on and have an erection. Then stop the stimulation for at least 15 seconds and concentrate on the feelings of decreasing excitement in your body. Notice how your penis and pelvic area feel, and how that changes when you stop stimulation. Notice how the rest of your body feels.

Continue until you get close to the 'tickling' sensation

Begin to masturbate again, and continue to start and stop periodically until you feel you are getting as close to the 'tickling' stage as possible. When you feel yourself getting close, stop until you feel you are back in control. Some men find that doing pelvic floor 'squeezes' helps them get back in control.

Begin to masturbate again until you have that sense that you are close to the point of inevitability – you are close to ejaculation.

This time have your partner squeeze the end of your penis, at the point where the head (glans) joins the shaft, and maintain the squeeze for several seconds, until the urge to ejaculate passes.

Have your partner repeat the squeeze process as necessary.

By repeating as many times as necessary, you can reach the point of entering your partner without ejaculating. After some practice sessions, the feeling of knowing how to delay ejaculation might become a habit that no longer requires the pause-squeeze technique.

If the pause-squeeze technique causes pain or discomfort, another technique is to stop sexual stimulation just prior to ejaculation, wait until the level of arousal has diminished and then start again. This approach is known as the stop-start technique.



**Sheffield
Hospitals
Charity**

To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



Yes I donate
ORGAN DONATION

**Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net**

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email sth.infogov@nhs.net