



Premature ejaculation

Releasing semen too soon is the most common sexual problem in males, especially young men.



SIGNS & SYMPTOMS

With premature ejaculation, the man is not able to delay ejaculation for more than three minutes during sex.

CAUSES

The exact cause is not known but it involves a combination of psychological and biological factors, including anxiety, stress, swelling of the prostate, and more.

TREATMENT

- Self-care measures
- Medicine. A very low dose of a certain kind of antidepressant is prescribed to take 4 hours before sex to delay ejaculation.
- Counseling

The things that follow are not cures or proven treatments, but may be helpful for some men.

- Using condoms
- Masturbating an hour before having sex
- Using a cream that numbs the head of the penis

TRIAGE QUESTIONS

Does releasing semen too soon cause a problem for you or your partner?

NO
↓

YES ▶

CALL DOCTOR



USE SELF-CARE



SELF-CARE / PREVENTION

- **The Squeeze Technique.** If a man feels he is about to release semen too soon, he firmly pinches the penis directly below the head. Using the thumb and first 2 fingers of one hand, he squeezes for 3 to 4 seconds.
- **The Start/Stop Method.** The couple should not have sex for 2 weeks. The man then concentrates on the sensations in his penis as his partner touches his genitals and brings him to an erection. The man asks his partner to stop just before semen is released. After a few minutes, his partner continues to arouse him, then stops again. This sequence is repeated 2 more times. The fourth time semen is released. Then, each time the couple has sex, foreplay is prolonged.
- **Pelvic floor exercises.** Also called Kegel exercises, doing these regularly will strengthen pelvic muscles and help delay ejaculation.

