

Glossary (Continued)

Fisting - slowly stretching out the anal sphincters to allow for a fist and forearm to be inserted into a receptive partner.

Hemorrhoids - normal venous structures in the anal canal that with certain conditions (constipation, chronic diarrhea, straining) can become engorged and lead to anal itch, anorectal bleeding, or pain with bowel movements.

Lube - lubricant used to have anal sex.

STI - Sexually-transmitted Infection, previously referred to as Sexually-transmitted Disease (STD). These include gonorrhea, chlamydia, lymphogranuloma venereum (LGV), herpes, syphilis, HIV, Human Papillomavirus (HPV) and others.

Top - the insertive partner in anal sex, also known as the “passive” partner.

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Resources

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American College of Gastroenterology, Patient Education & Resource Center. GI Health and Disease.
<http://patients.gi.org/gi-health-and-disease>

Gay Men's Health Services. Anal Health.
<http://gaymenshealth.org/health-wellness/anal-health/>

LGBT Center of Raleigh. We Are Members.
<http://www.wearemembersofthiscommunity.org/topping-or-bottoming.html>

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National Center for Training, Support,
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ANAL HEALTH

Top 10 Anal FAQs

What can I do about my hemorrhoids? Most adults have some level of hemorrhoids, but there are many things you can do to help prevent these from worsening or becoming symptomatic. 1.) Avoid straining or spending. 2.) Stay hydrated. 3.) Increase fiber. Adding more soluble and insoluble fiber to your diet will add bulk and help soften the stool, making it easier to move through bowel.

What's the best lubricant for anal sex? Water-based and silicone lubricants are the most popular for anal sex, though water-based are preferable as silicone can be difficult to remove. Never use oil-based substances such as Vaseline, body lotions, or creams.



What is the best condom for anal sex? Using a male condom on the insertive partner is best, given that there is more information on its efficacy in reducing transmissions of STIs and HIV.

What's the best way to "clean out" before anal sex? It is not necessary to "clean out" before engaging in receptive anal sex, as stool is not stored in anal canal. Douching, where water is pumped into the anal canal with hose or other device, is not recommended.

Can I still have sex even though I have hemorrhoids? Yes. Having hemorrhoids does not exclude you from engaging in receptive anal sex. Be sure to avoid forcefully pushing out semen,

mucus, or lubricants after sex, as pushing may worsen hemorrhoids.

I want to have receptive anal sex but it's painful. What can I do? First make sure symptoms are not related to an active infection (such as an STI), hemorrhoids, or an anal fissure. In most people, pain results from forcing the penis through the internal sphincter while it's clenched shut. Learning to relax your internal sphincter will help avoid unnecessary pain and discomfort. Practice introducing small toys into your anus in a step-wise approach over several weeks. Try this alone or with your partner as part of foreplay. Over time, you will graduate to a size that will allow receptive anal sex to feel comfortable (even pleasurable!).

Can men get HPV? Yes. Both men and women are infected with HPV through skin-on-skin contact. HPV is more associated with women only because testing for women has been in practice for years.

How often should I get tested for STIs?

Screening for sexually transmitted infections is part of sexual health. Persons with more than one partner should be screened more frequently (possible every 3 months), than those with less (annually).

If I have receptive anal sex, am I at risk of getting anal cancer? Engaging in receptive anal sex *itself* does not put you at higher risk of having anal cancer but it does put you at a higher risk of acquiring HPV from someone who has it. HPV is spread through skin-to-skin contact and a number of strains have been implicated in the development of anal, cervical, penile and throat cancers. It is important that both men and women who have receptive anal sex be screened for changes related to an HPV infection with an anal pap smear. Early detection is key to avoiding the development of anal cancer.

Will I have to wear a diaper when I'm old because I have receptive anal sex?

No. adults tend to lose sphincter tone as they age despite ever having had receptive anal sex. With typical receptive anal sex (penis in the anus), the anus and rectum are amazingly resilient and can stretch and expend without causing permanent changes in the tissues.



Glossary

Anal Pap smear - a swab of the anus used to collect cells to test for changes related to human papillomavirus (HPV) infection. Also known as the Papanicolaou test.

Bareback- unprotected anal sex, sex without using a condom.

Bottom - the receptive partner in anal sex, also known as the "passive" partner.

Fissures- painful splits/tears of the internal or external anus, often caused by passing a hard or dry stool, or from trauma, such as harsh wiping or rough receptive anal sex.