

What is painful ejaculation?

Pain after ejaculation usually comes from the parts of your body that are involved in ejaculation of semen (the prostate, testicles, epididymis, vas deferens, seminal vesicles, ejaculatory duct, bulbourethral glands, and/or penis).

We think painful ejaculation affects somewhere between 1 in 10 and 1 in 100 men, but the true incidence is unknown because some men affected by it probably don't mention it or seek help.

Some conditions increase your likelihood of experiencing painful ejaculation. Rates of painful ejaculation are between [1 in 3 to 1 in 10 in men](#) who have [lower urinary tract symptoms \(LUTS\)](#), and the worse their symptoms, the more likely they are to have pain. About 1 in 5 men with [benign prostatic hyperplasia \(BPH\)](#), and [more than 1 in 2 with prostatitis](#), have painful ejaculation. Rates are highest in men with chronic pelvic pain syndrome (up to 75%)².

Painful ejaculation affects about [1 in 5 men who have had prostate surgery](#).

Causes of painful ejaculation

Painful ejaculation can be caused by:

- [Prostatitis](#)
- Nerve and muscle pain
- Stones blocking the ejaculatory duct
- The effects of surgery or radiotherapy
- Some sexually transmitted infections
- The use of antidepressants.

There may be a [psychological cause of painful ejaculation](#) for some men.

Treatment of painful ejaculation

There are medications available to treat painful ejaculation.

Surgical or transurethral procedures to remove stones blocking the ejaculatory duct can effectively relieve symptoms if such a blockage is the cause of your painful ejaculation.

If nerve irritation is the cause of your painful ejaculation, minimising the time you spend sitting might help.

Your doctor can help you to work out what's causing your painful ejaculations and find a treatment that suits you.

Health effects of painful ejaculation

[About 90% of men with painful ejaculation](#) consider it to be a serious problem.

If treatment of your painful ejaculation is not effective, you should discuss further options with your doctor. Painful ejaculation may go away by itself after one to two years, but that's a long time to wait for something that might seriously affect your wellbeing.

What to do about painful ejaculation

It's unlikely there's anything you can do without the help of your doctor to relieve your painful ejaculation, so your best course of action is to make an appointment to see them as soon as possible.

What questions should I ask my GP about painful ejaculation

- What treatments for painful ejaculation do you think would be most effective for me?
- How long after I start treatment should I expect improvement?
- When should I come back to see you about my painful ejaculation?

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Updated on 1 December 2023