

Your ComeClose fact sheet contains:

- A symptom checklist to guide you through the possible reasons for your pain.
- Facts about penis size
- Facts about female arousal
- Frequently asked questions about the ComeClose protector ring
- Product specification



How do I know if I have Collision Dyspareunia?

Use the symptom checklist to help you decide if your pain is caused by Collision Dyspareunia. But please remember, this not a substitute for seeking advice from a healthcare professional. Sex shouldn't hurt. The right advice and/or the right product can help to break the cycle of pain allowing you the freedom to enjoy penetrative sex.

QUESTION

1. Do you have symptoms of genital infection?

These could include any of the following: a continuous dull pain in the pelvis (lower abdomen), a smelly vaginal discharge, a change in the frequency of your periods, chills, fever, nausea & vomiting.

NO	YES	SUGGESTED ACTION
	Explanation: This is fairly common. usually bacterial or fungal -there are various causes.	This is fairly common. usually bacterial or fungal -there are various causes.

2. Are you menopausal or post-menopausal? Usually over 45 years old.

NO	YES	SUGGESTED ACTION
	Explanation: Changes in hormone levels can lead to decreased lubrication and stretchiness of the vagina.	No other symptoms? A lubricant could be helpful, together with a protector ring.

3. Are you on any medication particularly for allergies high blood pressure or depression?

NO	YES	SUGGESTED ACTION
	Explanation: Some medications can affect desire and/or arousal	No other symptoms? A lubricant could be helpful, together with a protector ring. Your GP can also refer you to a counsellor .

4. Do you have diabetes?

NO	YES	SUGGESTED ACTION
	Explanation: diabetes can affect sexual arousal which can lead to pain or discomfort	No other symptoms? A lubricant together with protector ring could be helpful.

5. Is all 'sexual' activity painful, including touching the area around genitals?

NO	YES Explanation: Vulvodynia & Vestibulitis cause extreme tenderness in this area. Skin conditions such as eczema and infections such as herpes can also account for this kind of pain.	SUGGESTED ACTION Consult your GP or GUM clinic.
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6. Is penetrative sex almost or totally impossible?

NO	YES Explanation: Vaginismus causes the muscles surrounding the vagina to tighten.	SUGGESTED ACTION Consult your GP or GUM clinic.
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7. Is the pain or discomfort felt deep inside during full penetration?

NO	YES Explanation: This is called deep dyspareunia.	SUGGESTED ACTION Continue the questionnaire.
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8. Is penile penetration painful only when your partner is thrusting more deeply in certain positions?

NO	YES Explanation: A cyst on an ovary, or a fibroid growth can cause occasional pain, depending on the sexual position.	SUGGESTED ACTION Consult your GP or specialist and use protector ring to ensure comfortable sex in any position.
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9. Is penetrative sex always painful or uncomfortable when your partner is moving or thrusting more deeply?

NO	YES Explanation: A prolapsed uterus may cause consistent pain, but a cyst on an ovary, or a fibroid growth could cause occasional pain, depending on position.	SUGGESTED ACTION Consult your GP or specialist and use a protector ring to ensure more comfortable sex in any position.
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10. Have you undergone a surgical procedure (or a difficult birth) that may have scarred the abdomen and pelvis?

NO	YES Explanation: This scar tissue is called Pelvic Adhesions and can cause pain on contact during intercourse.	SUGGESTED ACTION Use a protector ring to prevent impact on scar tissue and consult your GP.
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11. Do you have any symptoms of endometriosis? These could include: severe lower abdominal (pelvic) pain that gets worse during exercise, during/after sex or after a pelvic exam, a very heavy period, lower back pain, constipation, diarrhoea, pain or bleeding when going to the toilet.

<p style="text-align: center;">NO</p>	<p style="text-align: center;">YES</p> <p>Explanation: You may have Endometriosis (the cells lining the womb migrate). Scarring often occurs. When contact is made with the scarring during intercourse pain is caused.</p>	<p style="text-align: center;">SUGGESTED ACTION</p> <p>Consult your GP and use a protector ring to make penetrative sex more comfortable.</p>
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12. Have you ever had pleasurable deep penetrative sex with your current partner?

<p style="text-align: center;">YES</p>	<p style="text-align: center;">NO</p> <p>Explanation: You may have problems with sexual arousal. Your partner may be too long for you or you may have a retroverted uterus.</p>	<p style="text-align: center;">SUGGESTED ACTION</p> <p>Consult your GP and use a protector ring and lubrication to increase comfort whilst you address the issue.</p>
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13. Have there been physical/medical changes in your body since then?

<p style="text-align: center;">NO</p>	<p style="text-align: center;">YES</p> <p>Explanation: 5Changes, such as the onset of diabetes can account for a problem with sexual arousal Which can lead to pain.</p>	<p style="text-align: center;">SUGGESTED ACTION</p> <p>Consult your GP and use a protector ring and a lubrication product to increase comfort</p>
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14. Have there been major life changes since then, eg. A change in either of your careers or finances or a bereavement, the birth of a child, trying for a child or a house move/relocation?

<p style="text-align: center;">NO</p> <p>There are so many reasons why sex can be painful. Some are as simple as constipation, but some are serious and can result in infertility. So if painful sex is a problem for you, and none of these explanations seems right, please consult your GP or GUM clinic without delay.</p>	<p style="text-align: center;">YES</p> <p>Explanation: There may be an emotional component to your pain. Feeling tired or under pressure can result in problems with libido and sexual arousal. This can lead to pain.</p>	<p style="text-align: center;">SUGGESTED ACTION</p> <p>Consult your GP who can refer you to a psycho-sexual counsellor and use a protector ring whilst addressing the issue.</p>
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Penis Size*

The average penis is just over 5 inches when erect (13cm). The 'normal' range (most common) is from 4.75 to 5.5 inches (12-14cm).

*Veale D, Miles S, Read J et al 2014

Female arousal & the cycle of pain

When fully aroused the average vagina will stretch to between 7.5 and 9 inches long. The back part of the vagina 'tents' which means that it expands in width and length and the cervix retracts. When the vagina is fully tented then even a relatively large penis can usually slide to the side of the cervix. This area past the cervix is known as the 'cul de sac' and stimulation of that area can trigger orgasm in some women.

Foreplay is an important ingredient in achieving sexual arousal. Many women need around 20 minutes of foreplay before comfortably accommodating an erect penis. If full arousal doesn't occur then even an average length penis can cause discomfort.

Just one experience of painful sex can lead to the expectation of further pain. If you expect pain then full arousal will not usually occur. When arousal doesn't occur then sex may be painful. This is called the cycle of pain.

If the penis is quite a bit longer than average (more than 7.5 inches) and the vagina tents at the lower end of the scale (7.5 inches) then, even when fully aroused, the tip of the penis may hit the back of the vagina or the cervix, causing pain. This can vary from slight discomfort to very intense pain.

Arousal can be affected by many things, e.g. tiredness, anxiety, illness, hormone fluctuations, medications and alcohol consumption.

Sexual technique

Useful leaflets 'Painful Sex' and 'Too Large' can be obtained by e mailing problems@deardeidre.org

Frequently asked questions

Will using a ComeClose protector ring dull my clitoral sensitivity?

No, the ring is designed to feel as if it's his body. When in the missionary position, the ring will be in contact with your clitoris, providing extra stimulation.

Will the ComeClose protector ring squash my partner's testicles?

No, the ring sits in front of the testicles and the contact provides extra stimulation to heighten his pleasure.

Can the ComeClose protector ring be used with condoms?

Yes. Put the condom on first. If necessary use one of the larger brands, like 'Trojan'.

How durable is the ComeClose protector ring?

As long as you look after it and use it according to the instructions provided, it should last for years.

Will ComeClose work for me?

We can't guarantee it! But if it doesn't, then let us know and we will arrange a refund.

How do I use it?

Simply ease the protector ring over the erect penis and up close to the male body before sexual intercourse. If using a condom, put the condom on first. The ring will prevent the penis from going too deep.

Product specification

The ring is made of skin safe silicone. It is for external use and can be washed with soap and water (and can be sterilised using boiling water if required). It is available in one colour - soft vanilla - and is about the

size of a ring donut. It is dimpled to reduce bulk. The weight is approximately 250g, which feels heavy in the hand, but not when worn up close to the male body, at the root of the penis.



Top



Side



Angle