

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

[This Week's Sex Advice](#) | [Sex Advice Archive](#)
[Ask the Carnal Counselor](#) | [Meet the Counselor](#)



"What causes fartlike sounds during sex?"

Q Sometimes my vagina makes a farting sound during sex. What's going on, and should I be worried?

A You definitely have nothing to worry or be embarrassed about. This gassy sound, sometimes referred to as a queef, is merely air escaping from your vagina, and it's quite common. During sex, the in-and-out action of your guy's penis forces air into you, which fills the space in the inner part of your vagina that has expanded during arousal. An especially deep thrust or shift in your body position can cause the air to be released in a noisy emission. Or it might occur after orgasm, when the air is expelled as the vagina returns to its prearoused state.

You can attempt to prevent the air from getting inside you by having your guy make small, shallow strokes. Or, you can try to stick to positions that don't lift your pelvis too much, since pelvis-elevating positions, such as doggie-style, can increase queefing. But, to tell you the truth, the best advice is to just laugh it off. Why would you want to compromise your sexual pleasure because of a little tooting?

© iVillage Inc. 1995-2005. All rights reserved. [terms of service](#)