



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"What's the white stuff that I secrete during sex?"

Q Recently during sex, my vagina has been secreting an excess amount of thick, white stuff. What is it, and why is it happening?

A The "thick, white stuff" you're noticing is vaginal discharge -- a mixture of cells and natural body fluids that help clean the vagina. In general, women secrete a clear, mucuslike substance right before ovulation (midcycle) and a thicker, whiter discharge during the rest of the month, though no two women are exactly alike. The color and consistency can also be affected by various factors, such as age, hormonal fluctuations, medications, infections and sexual activity.

The fact that you have recently had an "excess amount" means that it's a result of vaginal contractions forcing the discharge out -- and that it's nothing to worry about. (Have you been having more sex lately or a greater number of orgasms?) Infections can cause excess amounts, too, but they are usually accompanied by such symptoms as a change in color, a funky odor or an itching or burning sensation. It can't hurt to play it safe and have your gyno check you out.

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