

EXCITEMENT PHASE

Women:

Vasocongestion w/i seconds
Superfiltered blood plasma (vaginal lubrication)
Labia Majoria flattens and moves apart
Clitoris increases in diameter
Increase in heart rate & blood pressure
Vaginal walls balloon out
Cervix and uterus pull up
Nipple erection
Breast size increases late in this phase

Men:

Vasocongestion w/i seconds
Nerve impulses from sacral erection center (reflex erection)
Erotic stimulation from brain
Erection of penis
Increase in heart rate & blood pressure
Scrotum thickens
Spermatic cord shortens
Nipple erection

PLATEAU PHASE

Women:

Vaginal walls continue to expand
Uterus continues to elevate
Outer third of vagina swells and narrows
Bartholin's glands secrete
Sex tension flush
Clitoris pulls back
Breasts swell – nipple less obvious
Vaginal wall secretion may slow down
Labia minora – thicken and darken

Men:

Increase in diameter of penis
Increase in size of testes
Continued elevation and rotation of testes
Cowper's gland secretes

Sex tension flush

ORGASM PHASE

Women:

No change in clitoris
Rhythmic muscular contractions in outer third of vagina, uterus, and anal sphincter muscles
Heart rate, breathing, and blood pressure at highest peak
Loss of muscle control – spasms occur
Sex flush spreads

Men:

Stage one – Emission

Rhythmic muscular contractions in vas deferens, prostate glands and seminal vesicles
Semen enters ejaculator ducts
Urethra closed
Heart rate, breathing, and blood pressure at highest peak

Stage two – Expulsion
Expulsion contractions in urethra and muscles at base of penis
Ejaculation
Loss of muscle control – spasms occur
Sex flush spreads

RESOLUTION PHASE

Women:

Heart rate and blood pressure drop below normal and then return to normal

Nipples no longer erect

Breasts return to normal size

Clitoris moves out and shrinks slightly

Labia return to normal size, position, and color

Uterus lowers but cervix remains open

Whole body sweats

Sex flush disappears

Men:

Heart rate and blood pressure drop below normal and then return to normal

Nipples no longer erect

Testes return to normal size

Penis becomes soft and smaller

Scrotum returns to normal size and position

Whole body sweats

Sex flush disappears

Enter refractory stage