

Sexual practices and sex toys

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Care must be taken with some sexual practices and with sex toys.

Fingers

In the absence of open wounds or cuts, sexual play using fingers on the clitoris or in and around the vaginal and anal areas is safe for HIV. However, fingers that have been in or around the anal area should be washed before going into the vagina to prevent the development of a urinary tract infection (UTI). [Bacteria](#) [1] A microscopic organism composed of a single cell. Many bacteria can cause disease in humans. from the rectum can easily travel up the urethra, because it is located near the rectum in women, and can cause infections in the bladder.

Sex toys

Sex toys swapped between people without thorough cleaning can transmit a range of infections (vaginal fluids, blood or faeces could be present). There has been one case of an HIV transmission reported in 2003 through this route (blood was on a sex toy that was shared between female lovers).

Alternatives to cleaning between partners are covering the toys with condoms and changing them with each person, or each having your own toys and ensuring they don't get mixed up.

Cleaning of sex toys and sex-related equipment

- Firstly, clean using detergent, water and scrubbing or wiping all surfaces.
- To disinfect after cleaning, rinse and immerse either in a mixture of one part bleach to two parts water or 70% alcohol, then rinse and allow to dry before reuse.
- For toys like vibrators that can't be immersed, wipe with detergent and water, rinse, then disinfect by wiping either with a solution of one part bleach to two parts water or 70% alcohol.

S&M

Any play that involves the contact of a vulnerable surface (vagina, anus or broken skin) with someone else's blood or semen or vaginal fluids poses a risk of HIV infection. Never re-use any equipment without careful cleaning.

Fisting

Fisting is where the whole hand is inserted into a vagina or anus. Fisting cannot transmit HIV unless there is an open wound on the hand of the fister. However, vigorous fisting may cause abrasions or tears in the vaginal or anal walls which may increase the risk of transmission in subsequent unprotected sex. For example, if the vagina is bleeding and you subsequently have unprotected sex with a man, it increases his risk of becoming HIV positive. Using plenty of water-based lubricant helps prevent injury and to make the experience smoother, some people opt to use latex gloves for fisting.

[◀ Circumcision](#) [2][up](#) [3][If you think your male partner has been exposed](#) ▶ [4]

- [ANET resources](#)
- [Safe sex](#)

Links:

[1] <http://www.napwa.org.au/glossary/term/410>

[2] <http://www.napwa.org.au/resource/treat-yourself-right/sex/circumcision>

[3] <http://www.napwa.org.au/resource/treat-yourself-right/sex>

[4] <http://www.napwa.org.au/resource/treat-yourself-right/sex/if-you-think-your-male-partner-has-been-exposed>