



# THAILAND MISFITS URETHRAL SOUNDING WORKSHOP

by Madam Laura &  
her boi Bick

**STUDIO**



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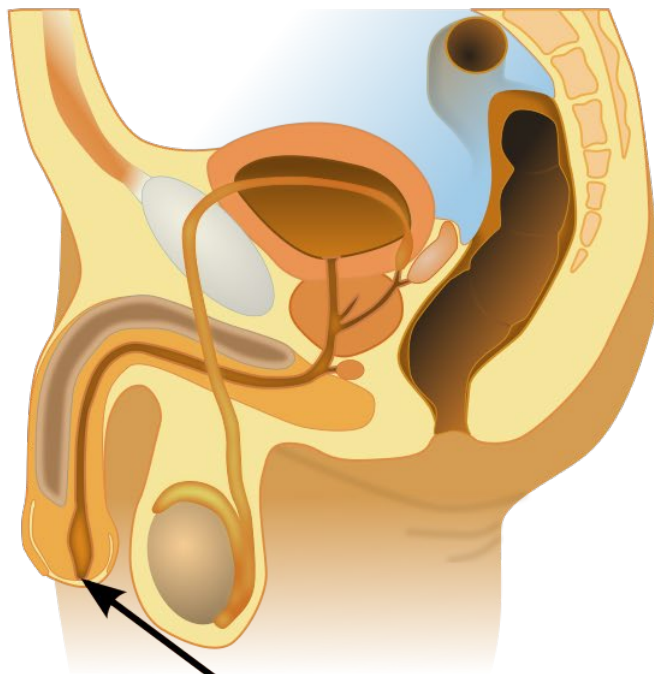


**Urethral sounding** involves inserting an object and/or liquid into the **urethra** (a pee hole) — the tube that drains urine out of the bladder. This practice actually started as a medical procedure to clear obstructions from the **urethra**. And when done safely and properly, it can be a satisfying form of sexual play.

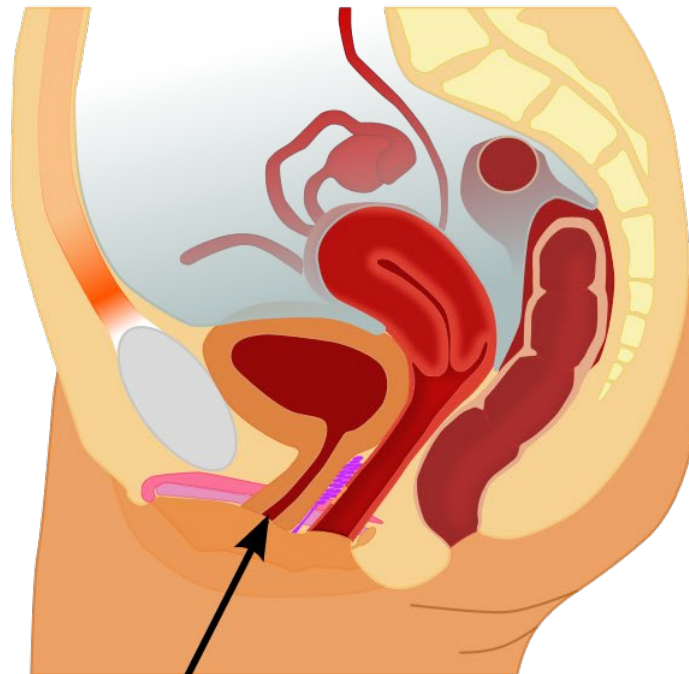


# Anatomy of genitalia

**Biological  
male**



**Biological  
female**



**urethra**

# Post-op transgender partners

## FTM (female-to-male):

- Be aware of what type of surgery your partner underwent and when: it might affect the urethra tissues' damage and recovery
- Be prepared that sensations in a new urethra might be different compare to biological male or female urethra
- Focus more on psychological aspects of play

## MTF (male-to-female):

- Be aware when your partner underwent the surgery
- Be prepared that surgery might cause tissues & nerves damage and it can take longer or shorter time to recover
- The recovery time is individual in different cases, so you can try to play different times after surgery



# Most common types of urethral sounds

**Rosebud sounds (also known as bakes or bullet sounds)** are one of the more unique types of sound you can try, due to the presence of a small, bullet shaped tip. Unlike many other types of sound these aren't double ended, but feature a long handle making them quite easy to manipulate. While beginners enjoy them for the ease of use the handle provides, even experienced users love Rosebud sounds thanks to the unique stimulation offered by the bullet shaped tip.





# Most common types of urethral sounds

Like Rosebud sounds, **Dittel sounds** are only one ended, with the other being taken up by a handle. Dittel handles are flat, making them even easier to hold than the beginner friendly handles of a Rosebud. The other great benefit of their handle is that they are perfect for attaching to e-stim or tens equipment, allowing you to add some shocking stimulation to your urethral play.



# Most common types of urethral sounds

Originally these sounds are intended for probing a woman's uterus through the cervix, to measure the length and direction of the cervical canal and uterus. Dilators are primarily used to open and dilate the cervix to gain access to the uterine cavity, but can also be used as sounds.

However, **Hank sounds** is popular for a male sounding play. Hank sounds are one of the most common types of sound used by beginners. They are double ended, meaning you get twice the amount of sizes within your kit. Their real selling point for beginners though is a ribbed area found part way down the sound. These stop you from inserting the sound too far, giving you a clear stopping point as you get used to the idea of urethral sounding.





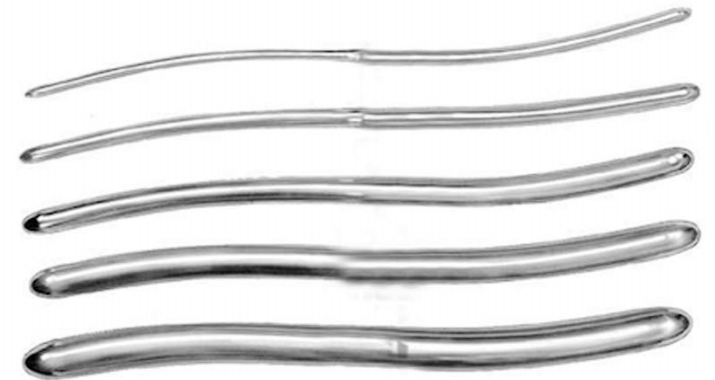
# Most common types of urethral sounds

Originally these are uterine/cervix dilators.

Like most types of sound, a **Hegar sound** features a curve along the body of the rod. These curves are much more gentle than some other types, taking the shape of a gentle S bend. Hegar sounds are also double ended, meaning you can experiment with double the amount of diameters while using your sounds. This makes them a popular choice for newer sounders.



*Double-sided version*



# Most common types of urethral sounds

Originally these are uterine/cervix dilators.

**Pratt sounds** are one of the types that are more suited to experienced sounders, mainly due to the shape of the rod. They feature a pronounced and long curve on the end, which allow you to specifically target areas of your urethra that you wish to stimulate. They are also some of the longest sounds you can buy, so even though they carry some additional benefits over other types, you need to take extra care when using them to make sure you don't damage your urethra.





# Most common types of urethral sounds

At first a **Van Buren sound** might look a little intimidating. Unlike the gentler curves of Pratt or Hegar sounds, Van Buren sounds feature a J-shaped tip. This is designed to match the male anatomy as close as possible. Once inserted, they will match the natural curves of your urethra so they can be one of the most comfortable sounds to wear. You can also use the J-shaped tip for some targeted stimulation of your prostate, making them a favourite amongst men.





# Most common types of urethral sounds

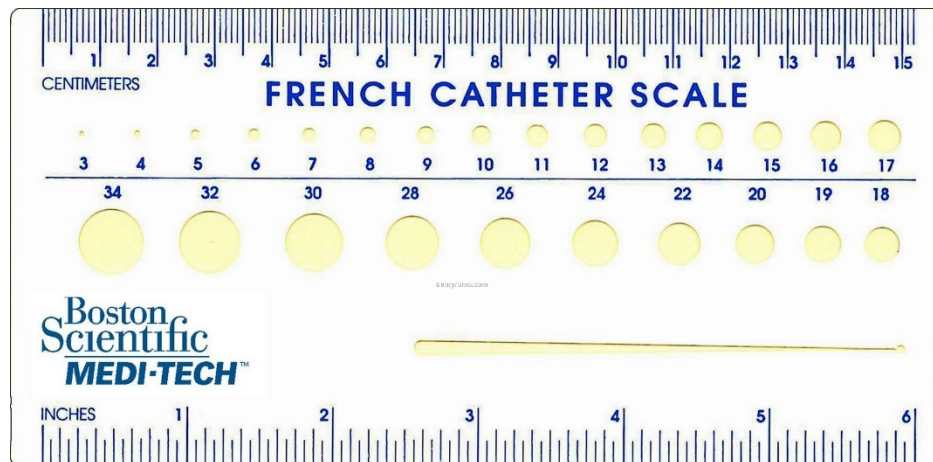
**Guyon sounds** are the most extreme sounds available. Unlike the gentle curves found on other types of sound, the Guyon sound is almost hook shaped. They are designed to go very deep, and produce targeted (or even sharp) stimulation deep within your body. Only the most experienced sounders will ever dare to try a Guyon sound, and even then great care is needed to make sure that no harm is caused while using them.





# Notes

- Diameter tends to be measured in either mm or a French scale which measures slightly differently. To convert a French measurement into mm, simply divide it by 3.
- As most kits will come with several sizes, you can usually simply move from the smallest of your kit to the largest over time.
- Be sure that if your sounds are double ended, you move up the sizes in the correct order or you might end up stretching things a little too far. It's usually not recommended to increase size by more than 1mm at a time.



Charrière (CH) and (Charr.) refers to a measure of the medicine external diameter of cannulas and catheters. In the English -speaking world the size is simply referred to as **French (Fr)**. Charriere a corresponding third millimeter outside diameter. It was named after Joseph -Frédéric -Benoît Charrière. The size of cannulas is also often expressed in gauge.

# Other types of urethral toys

## Penis plugs

tend to be the first type of urethral toy someone will experiment with. They are usually quite small, and will only penetrate a few inches into the urethra. Most penis plugs will have a T-bar or ring at one end, which stops you from inserting the toy too far and losing it.



## Sperm Stopper

is a bit like a cross between a penis plug and a cock ring. The ring part sits around the glans of the penis, across the sensitive areas like the frenulum. The stopper is usually a small ball on a curved arm, which sits nicely within the urethra.



## Prince Albert (wand) / Princess Albertina Piercings

These are a little different, as they are a permanent piercing to your body. Once done though, the piercing can be worn as much as you like, just like any other area of the body.



## Urethral vibrators



## Urethral Sound Electrode TENS Unit Accessory



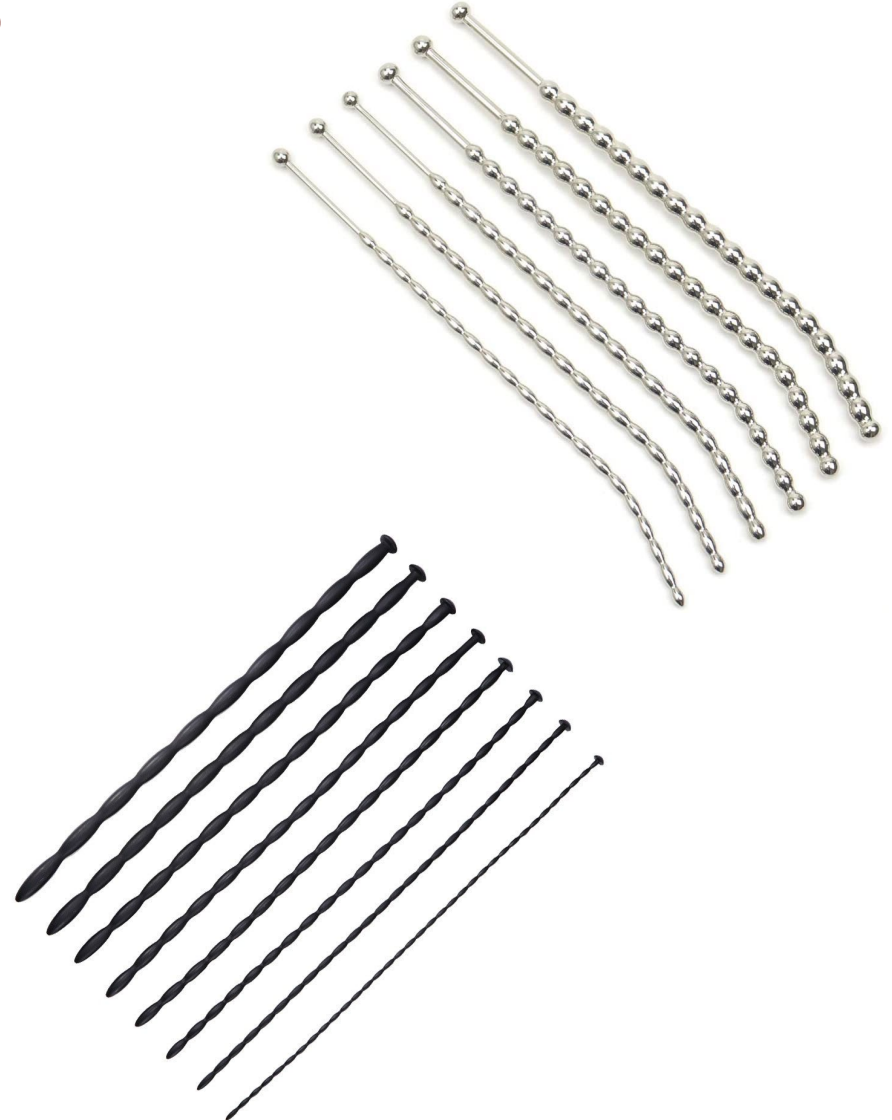


# Materials

In general, there are two types of material used in urethral toys that you should be looking for. These are **(surgical) stainless steel**, and **silicone**. They are both non-porous, so they won't absorb bacteria and are much easier to keep clean.

Other materials you might find are less suitable. Although they might be more flexible and may be easier to insert, they carry much more risk. In particular, these materials tend to be porous, so they are likely to retain bacteria making you much more susceptible to infections. They also are harder to control once you've inserted them, and their flexibility makes them less suitable for stretching the urethra.

**You should never use toys made of delicate materials, such as glass, in your urethra. If they break, you'll be in a lot of trouble.**



# Texture

An often-overlooked part of urethral play is the stimulation you get from the surface of your chosen toy. Many toys are very simply designed with a smooth and consistent surface. This is perfectly fine, and can give you plenty of strong stimulation when used.

There are though, urethral toys that are a little bit different. They still are penis plugs or urethral sounds, but rather than a completely smooth design, they might have **bumps**, **patterns**, or even **beads** along the shaft. While these probably aren't ideal for beginners, experienced users can draw a lot of pleasure from the extra stimulation these designs provide.





# Recommendations (males)

**Shape:** Beginners can use urethral sounds with gentle bends that work with the shape of the urethra. Decide on straight sounds or those with a slight bend. The best sounds are Hegar, Dittle and Rosebud sounds. A few sounds aren't recommended for beginners especially ones that have articulated and precise bends made for focused stimulation of the bladder and prostate.

**Texture:** The most ideal approach to find a gentle urethral sound that works with your body is to pick one that is smooth, moderately straight, and solid with gentle bends. The urethra itself actually bends a bit, so your first solid can have a gentle bend. The gentle bend may make the experience more comfortable.

**Size:**

- *Length:* recommend to start with short penis plugs, then move to sounds. The Hank sounds are good for controlling the depth of sound's insertion.
- *Girth:* the picked urethral sound ought not to be thicker nor more slender than the urethra itself. For first timers the best is to start with smaller sound diameters (i.e., 10 Fr or 14 Fr) and work up to the larger diameters. NB: sounds with a smaller than 10 Fr diameter not recommended, because super-thin urethral sounds can be sharp and hard to control.

**Materials:** (surgical) stainless steel or silicone.

**First timers:**

- Penis plugs
- Dittel sounds
- Hegar sounds
- Hank sounds

**Beginners:**

- Dittle sounds
- Hank sounds
- Hegar sounds
- Rosebud sounds

**Advanced users:**

- Hegar sounds
- Rosebud sounds
- Pratt sounds
- Van Buren sounds

**Most experienced users:**

- Van Buren sounds
- Guyon sounds

# Recommendations (females)

**Shape:** Due to a female anatomy, any toys with a gentle bend work well. At the same time using sounds with extreme bends like Van Buren or Guyon don't benefit much because they design accordingly to male anatomy. Also remember that stimulation of female's urethra entrance brings the most pleasure due to vulva anatomy and clitoris location so some toys might be better to involve this area then others (e.g urethral vibrators).

**Texture:** The most ideal approach to find a gentle urethral sound that works with your body is to pick one that is smooth, moderately straight, and solid with gentle bends. The urethra itself actually bends a bit, so your first solid can have a gentle bend. The gentle bend may make the experience more comfortable.

## Size:

- *Length:* A woman's urethra is only 1.5 inches long while a man's is usually 7-8 inches long due to the length of the penis, so short toys and sounds are recommended. Be extra careful with long solid toys because they can easily reach the bladder and cause injuries if using carelessly.
- *Girth:* the picked urethral sound ought not to be thicker nor more slender than the urethra itself. for first timers the best is to start with smaller sound diameters (i.e., 10 Fr or 14 Fr) and work up to the larger diameters. NB: sounds with a smaller than 10 Fr diameter not recommended, because super-thin urethral sounds can be sharp and hard to control.

**Materials:** (surgical) stainless steel or silicone.



# Materials to prepare before a sounding session

- **Appropriate toys (shape, size, material),** boiled or properly cleaned
- **A couple of surgical gloves pairs** (ideally – sterile)
- **Sterile** (ideally: non-opened) **surgical water-based lube, e.g KY-jelly**
- **Antiseptic, e.g betadine**
- **Pads**
- **Optional: a sterile dressing set**



# Cleaning urethral toys

## STAINLESS STEEL SOUNDS

**Option 1:** place into boiling water for 8-10 minutes. Air cool to dry.

**Option 2:** soak in a 10% bleach water solution for 10 minutes. Air cool to dry.

## SILICONE SOUNDS

**Option 1:** place into boiling water for 8-10 minutes. Air cool to dry.

**Option 2:** this may sound strange, but you can also sanitize your sound by running it through the dishwasher. The steam from the dishwasher is sufficient to clean your sound. Be sure not to include soap if you opt for this method.

**Option 3:** soak in a 10% bleach water solution for 10 minutes. Air cool to dry.

## NOTE:

Whatever method you choose to clean your toys, I recommend always to use antiseptic on them before insertion for extra protection.





# Steps of sounding (males)

1. **PREPARE IN ADVANCE:** plan your scene in advance, prepare all items.
2. **CLEAN:** make sure the toys and your partner's penis is washed properly.
3. **RESTRAIN:** it might be required to restrain your partner due to safety reasons.
4. **GET READY:** wash your hands, wear gloves, use antiseptic to clean the penis and the toys.
5. **LUBE UP:** open the sterile lube tube, apply to the toys and the urethra entrance.
6. **GET A SEMI:** try to get a semi-erect penis and hold it in your hand, gently pulling the sides of the urethra apart to make the urethra entrance more prominent.
7. **BEGIN URETHRAL INSERTION:** gently place a sound at the urethra and slowly insert it. DO NOT push it or force it downwards – allow gravity to do its job and naturally pull the sound into the penis.
8. **GENTLE WIGGLE:** once the sound stops moving from gravity alone, try gently wiggling it to see if it goes down any further. Depending on the shape of the penis and the sound, it might go down further on its own.
9. **EXPLORE:** watch your partner reactions and communicate.
10. **FINISH:** gently take the toys out, make sure there is no any bleedings and clean the penis, using antiseptic again.
11. **UNTIE:** let your partner take a moment, then let him to wash himself and urinate (it helps to wash out possible infection).
12. **AFTERCARE:** provide aftercare accordingly to negotiations.
13. **FOLLOW-UP:** communicate to your partner after the play, ask him to check his genitalia, in case of any serious symptoms of infection (swelling, fever, pain, problems with urination) seek professional help.



# Steps of sounding (females)

1. **PREPARE IN ADVANCE:** plan your scene in advance, prepare all items.
2. **CLEAN:** make sure the toys and your partner's vulva is washed properly.
3. **POSITION:** restraining your partner and/or using special toys helps to expose the urethra.
4. **GET READY:** **wash your hands**, wear gloves, use antiseptic to clean the vulva and the toys.
5. **LUBE UP:** open the sterile lube tube, apply to the toys and the urethra entrance.
6. **BEGIN URETHRAL INSERTION:** spread the labia and keep them apart so that you have easier access to the urethral opening, gently place a sound at the urethra and slowly insert it.
7. **GENTLE WIGGLE AND MOVE:** be careful during insertion, remember that female urethra is shorter than male's one.
8. **EXPLORE:** watch your partner reactions and communicate. For females the play with urethra entrance brings a lot of sensations rather than deeper insertion.
9. **FINISH:** gently take the toys out, make sure there is no any bleedings and clean the vulva, using antiseptic again.
10. **UNTIE:** let your partner take a moment, then let her to wash herself and urinate (it helps to wash out possible infection).
11. **AFTERCARE:** provide aftercare accordingly to negotiations.
12. **FOLLOW-UP:** communicate to your partner after the play, ask her to check her genitalia, in case of any serious symptoms of infection (swelling, fever, pain, problems with urination) seek professional help.





# Safety Tips

1. **Don't use sounding sounds that are too thin or too thick.**
2. **Burning at the tip** of the urethra after urinating is actually quite normal after your first few times of being sounded. Excessive urethra pain should not occur after a while.
3. **Pull the toy out and stop right away if you notice:** pain, numbness, cold sensation around the genitals or throughout your body, unusual changes in the color of your genital area, such as becoming pale or bluish, unusual discharge, swelling, redness, bleeding.
4. **Don't do sounding too often.** There are no real guidelines on how often you should sound, but the most common recommendation is to sound no more than once a week.
5. **Women don't need to go far.** A woman's urethra is only 1.5 inches long while a man's is usually 7-8 inches long due to the length of the penis.
6. **There can never be enough lube.** The urethra is not self-lubricating, so use tons of surgical lube from a reputable medical supplier. **Don't use oil-based or scented lubes. Don't use a lube with a numbing agent** (This could decrease both the pain and pleasure you feel, which is dangerous).
7. **There can never be enough hygiene.**
8. **Don't use anal toys while sounding.** This is because an anal toy could disrupt your natural anatomy and press against a section of your urethra, throwing all sorts of unwanted variables into the mix.
9. **Seek professional help** if you are experiencing any serious symptoms of injury or infection e.g bleeding, swelling, itchiness, fever, pain during or after the play.



# What if you can't get the object out?

Here are some tips to help remove a toy that may have gotten stuck or gone too deep:

- **Stay calm** and focus on what you're doing.
- **Try to relax your genital muscles.** This will help loosen the urethral muscles and make the toy more likely to slip out.
- **Try to feel for the toy from the skin above.** Then, try to push the toy out by gently squeezing the tissues around where the toy entered.
- **Sit in warm water** to make your skin more flexible and expand the urethra.
- If a warm bath doesn't work, **spread some lube around the urethral opening** and try to drip some down into your urethra. This can make it easier to slip the toy out.
- **Not coming out? Get to urgent care or an emergency room right away.** Keep your genital area as still as possible to prevent any sudden or abrupt movement that could injure your urethra.
- **Be honest and direct with your medical provider.** It's okay to feel embarrassed, but don't leave any details out when you're speaking with a nurse or doctor. They need to know what kind of tool you used and how it got stuck there so that they can provide the most effective treatment.





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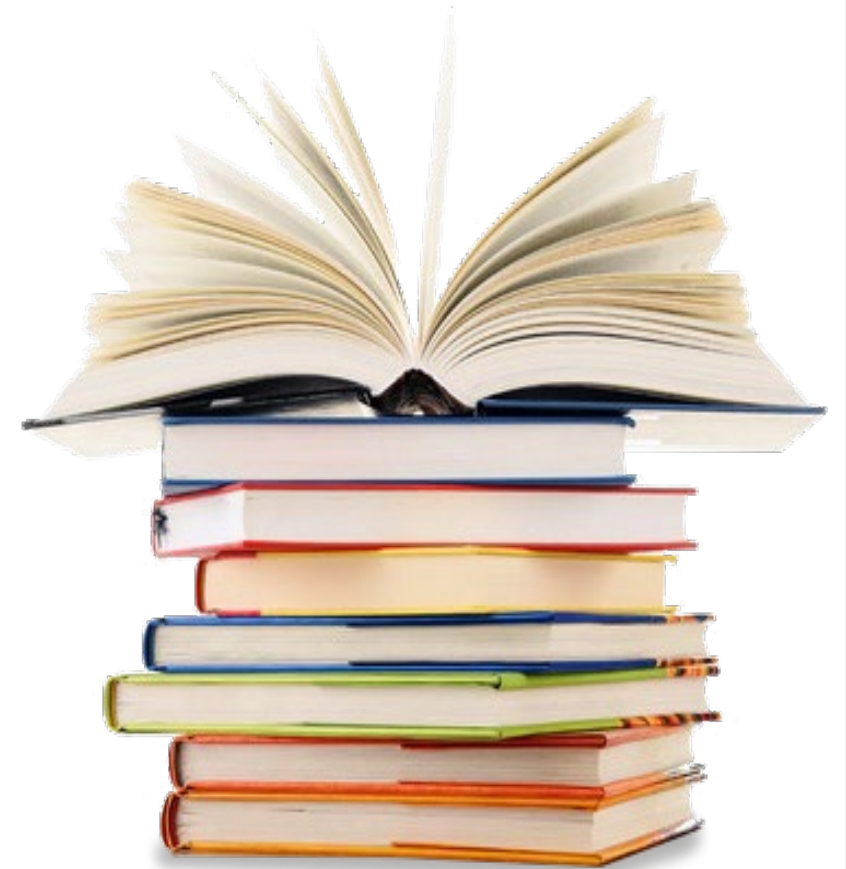
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Demo

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Q&A

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Thank you

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