

"I had the controversial O Shot injection in my vagina"

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Until very recently, sex was something I absolutely dreaded. Rather than feeling excited and turned on at the thought of sleeping with someone new, I was filled with anxiety. This started in my late teens. I was a size 14 and felt unbelievably insecure about my figure. The minute guys saw me naked with a light on, or touched my body, my sex drive went right out of the window. Instead of enjoying the moment, my mind fixated on what they thought of me. And, because of this, I never had an orgasm through sex with a partner.

I knew this wasn't unusual, and that according to a study in the *Journal of Sex and Marital Therapy*, 37 per cent of women and people with vaginas can't come through penetration. There are so many reasons for this, but I was convinced mine was all in my head. So, when I first learned of the injection that claimed to give you guaranteed orgasms, I knew I had to try it.



Sophie paid £1,200 for the procedure

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I found a clinic that offered the procedure, also known as ‘The O-Shot’. Some professionals consider it to be controversial because of how it was discovered. The inventor, Dr. Charles Runels, had experimented by injecting blood into his own penis which he claimed led to bigger and stronger erections. In his book, *Active the Female Orgasm System: The Story of O-Shot*, he claims his lover then approached him demanding he perform the procedure on her clitoris as a Valentine’s Day present. He agreed, and claims his partner began having ‘explosive’ orgasms. And thus, The O-Shot was born.

What is the O Shot?

This non-surgical procedure takes around 40 minutes, and involves injecting platelet-rich plasma (PRP) back into your body. Admittedly, it sounds incredibly alien. It works by doctors drawing half a tablespoon of blood from your arm like in a blood test. The blood is

then spun in a centrifuge - a machine that allows the blood components to separate, which isolates the PRP.

This plasma is then injected into your genitalia in two places: near the clitoris and into the vaginal wall. According to Dr Shirin Lakhani, the benefits – which are meant to last for up to a year - include easier arousal, better orgasms, G-spot orgasms, increased lubrication and reduced pain during sex. Some health professionals also recommend the procedure to those who struggle with urinary incontinence.

Getting the O Shot

The idea of a sharp needle being inserted into my vagina made me apprehensive. Ultimately though, the thought of enjoying sex more and orgasming through penetration spurred me on.

After hours of research to ease my worries, I booked an appointment. I learned from that there was an 85 per cent success rate with the injection, but I read countless reviews online from people gushing about how much the injection had improved their sex lives.

On the day of the procedure, my legs shook for an hour as I drove to the clinic. When I arrived, Dr. Shirin explained the cons: potential bruising and the fact that despite emptying my bank account, **there was the chance the shot might not even work**. Also, as a smoker (and therefore someone with weaker plasma than a non-smoker) it wouldn't be as successful for me. Still, I was willing to take the chance.



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I climbed up onto the medical bed and laid back as the blood was taken from my arm. Although injections don't phase me, I knew the impending injection into the walls of my vagina was probably going to be a different story. A couple of minutes later, after my blood was in the centrifuge, she returned with the needle. I could feel the goosebumps on the back of my neck. I forced myself to stay calm.

Opening my legs, **she injected the first lot of plasma into the wall of my vagina.** I couldn't tell how deep it went in, but the job was done in seconds. *That was easy and painless,* I thought, as a wave of nerves left my body. Then came the second injection by my clitoris. It wasn't painful, but it did make me wince as it felt like a sharp pinch. Thankfully, that was it.

Testing it out

As instructed, I waited two weeks to have sex to allow time for my vagina to kick into gear. Being single made the wait much easier, but I have honestly never felt so damn frustrated in my life. For many people who have the O Shot, their libido is heightened. Mine was so high I was sat on the tube imagining what it would be like to do the 70-year-old next to me.

Two weeks later, my chance to test it out came. I was so excited by the possibility of finally having an orgasm during sex that I forgot all about my usual body worries. But as I pulled up outside his house it hit me: I was going to have to get naked.

"He brushed his hand up my thigh and I felt a tingling in my vagina"
We went upstairs and began fondling each other. My insecurities were at the forefront of my mind until he brushed his hand up my thigh and I felt a tingling in my vagina. The pleasure was more heightened than ever before. In the moment and for the first time, the pleasure got better and better as he rubbed my vulva. It was so good I literally ripped my clothes off without a care in the world.

It's safe to say I lost my orgasm virginity approximately one minute into penetration and did not give a second thought to what he could be thinking about my body. Of course, I'd made myself orgasm through masturbation countless times. This, though, was on a whole new level. A legitimate explosion of pleasure.

My sex life now

Having had a few more months to reflect, I've realized that not only has the O-Shot given my sex life a boost, I also just feel so much sexier. Perhaps it's because my partners can tell I'm genuinely enjoying it and they feel more in the zone because of that.