



Touching the Soul Through Fisting

Anal and Vaginal Fisting

by Mistress Joanne

To me, fisting—anal and vaginal—is the most intimate and the most intense form of lovemaking. With proper attention to hygiene and safety, with plenty of lube and plenty of patience, along with a healthy willingness to experiment (and to laugh), fisting can be an awe-inspiring activity. From the Top, it requires skill, patience, and empathy; from the bottom, trust and vulnerability. Those characteristics, when combined with the right chemistry and energy, can lead the partners right out of this Universe...and, at the same time, deeper into themselves and into each other.

Fisting resources (in addition to the books listed below):

1. Anal and vaginal: The Slater Society, a pansexual fisting society, has a website up and running (www.theslatersociety.org). Someday we hope to return to hosting parties!
2. Anal and vaginal: FeISTyman has a heterosexual fisting website (www.fistingsex.com).
3. Anal: J-Lube Jack's site (www.jlubejack.us) has lots of great anal fisting information.
4. Anal: RedRight has a fisting (aka "handballing") website: <http://www.winternet.com/~redright/redright.html>.
5. Anal: Sexuality.org has two pages: the "Handballing Guide," at <http://www.sexuality.org/l/sex/handball.html> and the "Handballing FAQ," at <http://www.sexuality.org/l/sex/hballinf.html>.
6. Anal: To order J-Lube (at <\$11 for a bottle that will last through about 50 fistings, it's truly for the "Frugal Ass Gourmet"!): <http://www.enasco.com/> then search by keyword for "J-Lube."
7. Anything!: Specific medical questions are non-judgmentally answered by Chicago's Howard Brown Health Center, **773.388.1600**. Don't worry, they've heard it all!

Anal and vaginal fisting both require from:

1. Top and bottom: time, patience, empathy, and trust.
2. Top: ability to LISTEN to and give FULL attention to the bottom, a good manicure (!), LUBE, LUBE, LUBE, and homework—understand the anatomy involved, read the resource books/articles, check the Internet for fisting FAQs, etc.
3. bottom: homework (same as the Top's), ability to communicate clearly and openly with the Top, and willingness to be vulnerable, for the Top truly holds the bottom's heart and health in his/her hand.

Some differences between anal and vaginal fisting:

Affects	Vaginal Fisting	Anal Fisting
Top and bottom	<p>Only resource book of which I'm aware is: <i>A Hand in the Bush: The Fine Art of Vaginal Fisting</i>, by Deborah Addington. (©1997 by Deborah Addington. Greenery Press, 3739 Balboa Avenue #105, San Francisco, CA 94121)</p> <p>Note: Books may be ordered from www.kinkybooks.com or, in some cases, from www.amazon.com.</p>	<ul style="list-style-type: none"> ✓ <i>Trust, The Hand Book (A Guide to the Sensual and Spiritual Art of Handballing)</i>, by Bert Herrman (©1991 by Bert Herrman. Alamo Square Press, P.O. Box 14543, SF, CA 94114). ✓ <i>Anal Pleasure & Health</i>, by Jack Morin, Ph.D. (©1981, revised 1986, by Jack Morin. Yes Press, 938 Howard Street #101, SF, CA 94103) ✓ <i>The Ultimate Guide to Anal Sex for Women</i>, by Tristan Taormino (©1998 by Tristan Taormino. Cleis Press, Inc., P.O. Box 14684, SF, CA) ✓ <i>The Ultimate Guide to Anal Sex for Men</i>, by Bill Brent (©2002 by Bill Brent. Cleis Press, Inc., P.O. Box 14684, SF, CA) ✓ <i>First Hand: An Erotic Guide to Fisting</i>, by Tim Brough (©2005 by The Nazca Plains Corporation, 4640 Paradise Road, Suite 141, Las Vegas, NV 89109-8000)

Affects	Vaginal Fisting	Anal Fisting
Top and bottom	Anatomy of the vagina, including how it and the cervix change during sexual excitement	Anatomy of the lower digestive system, which includes the rectum and the colon
bottom	No need to douche or prepare	A thorough plain-tap-water enema several hours before play may be self-administered or done by the Top as part of a pre-fisting scene. Use a bottom-specific enema kit, a disposable enema kit, or disposable enema bottles (just be sure to replace the medicated solution in the bottle with warm tap water)
bottom	Shaving the pubic area may make things easier, but it's not necessary	Shaving around the anus may make things easier, but it's not necessary
bottom	No dietary restrictions	Read the description in <i>Trust</i> about foods to be avoided during the time before playing
Top	Give yourself a VERY good manicure, cutting your nails VERY short.	Give yourself a VERY good manicure, cutting your nails VERY short.

Supplies required:

Type of Fisting (or Play)	Supply Item	Reason
Anal, vaginal, and/or oral	Hibiclens®	Minimizes risk if you're going to do any rimming (oral/anal contact)
Anal, vaginal, and/or oral	Listerine®	Minimizes risk if you're going to do oral/vaginal contact (cunnilingus) after rimming
Anal and/or vaginal	Gloves	LOTS of different types of gloves are available: latex, nitrile, vinyl, etc.—so latex allergies are not an excuse to avoid gloves!
Anal and/or vaginal	Disposable underpads; paper towels (lots!); cloth towels; baby wipes, etc.	Cleanup—fisting is MESSY fun!!!
Anal and/or vaginal	Dawn® or other detergent	Grease-remover for cleanup
Anal and/or vaginal	Something to drink	Both the Top and bottom can get very thirsty. Make sure to have liquid (water, Gatorade®, soda, etc.) easily available—and in containers that won't break if your greasy hands cause you to drop them! A flexible straw is a nice touch, too
Anal	Lube	Many lubes work; experiment! (I use a combination of Crisco® with Eros® or J-Lube®)
Anal	Plastic turkey baster	GREAT for injecting J-Lube® deep into rectum!
Vaginal	Lube	Many lubes work; experiment! (I prefer Eros®)

General comments:

Type of Fisting (or Play)	Comment
Anal	Elbow Grease® or Crisco® should be in a bottom-specific container. Or, using a clean spoon or hands in gloves that have not touched anything else, scoop enough for a fisting session and transfer it to a disposable (or dishwasher-safe) container. I find it works best to use Elbow Grease® or Crisco® around the anal opening, and then use both Elbow Grease®, Crisco® and/or other lube to coat (and recoat) my gloves. Remember: LUBE, LUBE, LUBE!
Anal	J-Lube® is my second preference. It's a very inexpensive powder that you mix with water. It may be refrigerated for about a week or frozen indefinitely. I generally mix a batch, freeze it in ice cube trays, transfer them to a freezer bag, and then defrost a few before playing. NOTE: J-Lube® is dextrose-based, so it should NOT be used with a bottom who is diabetic. LUBE, LUBE, LUBE!
Anal	No matter how well the bottom has cleaned out, you may encounter feces. Don't make a fuss, or both of you will get nervous, and the bottom will tighten up. Since the bottom is on an underpad, you can just let the bottom take a bathroom break. Then change the underpad, change gloves, and keep on fisting!

Type of Fisting (or Play)	Comment
Anal and/or vaginal	The bottom may find that fisting is sometimes slightly-to-very uncomfortable and may perhaps feel a twinge of pain now and then. If fisting becomes painful at any time, though, the bottom MUST immediately tell the Top. Properly done fisting is NOT PAINFUL . One thing I find helps: the Top needs to keep reminding the bottom to breathe, to take deep breaths, to relax.
Anal and/or vaginal	A little bit of blood after fisting or playing with anal or vaginal toys is not uncommon. If, however, there is a lot of blood, or bright red blood that doesn't stop quickly, GO TO AN EMERGENCY ROOM IMMEDIATELY . Do not hesitate; better to be safe than sorry. They have heard and seen it all before!
Anal and/or vaginal	It's not a good idea to share intimate toys, but if you are going to share a dildo, put a condom on it, then clean it in a bleach solution—or put it in the dishwasher!
Anal and/or vaginal	FOREPLAY: LOTS!! Start slow and sensuous. Touch your partner all over. Get your partner HOT . Oral sex and/or rimming work VERY well to heat up a bottom—and it's MUCH easier to fist a HOT, hungry bottom!
Anal and/or vaginal	In my opinion, gloves are MANDATORY . Latex gloves are available at your local pharmacy in small, medium and large—be sure to use the appropriate size for the hand that will be inside the glove! Nitrile gloves, including shoulder-high ones, are available from Nasco; nitrile gloves are great if either the Top or the bottom has a latex allergy. Among the reasons for gloves: (i) if the Top has the slightest cut or hangnail, it can be contaminated by minute amounts of feces, leading to blood poisoning and other unpleasantness; and (ii) the slightest jagged nail or hangnail will feel like a razor in the bottom's insides. I've been told that women with long nails can pad the tips of their nails, inside the gloves, with cotton balls, but I've never tried that—I just keep my nails short.
Anal and/or vaginal	Eros is my third preference for anal fisting, and my first preference for vaginal fisting. It's rather expensive. I transfer it to another bottle with a flip-top. LUBE!
Anal and/or vaginal	Make sure the lube is in a bottom-specific container, or that you're not touching the opening to the lube's container once you've begun fisting. LUBE, LUBE!
Anal and/or vaginal	You may have to stop for the bottom to take a bathroom break. As the Top's hand goes in farther, there will be increased pressure on the bladder. If the bottom can empty his/her bladder, there's more room for the Top's hand.
Anal and/or vaginal	Fisting is MESSY fun! Have lots of towels handy—paper towels and cloth towels (but not your company-best towels!) to clean up all that LUBE!
Anal and/or vaginal	Baby wipes are handy for getting the first layer of grease off when you're done! Dawn® dishwashing detergent will help on the towels, etc.
Anal, vaginal and/or oral	There is very little risk of HIV transmission from rimming—but there is a risk of bacterial and parasitic infections, and there are a few things you can do to minimize those risks. Other than abstinence, the safest way, of course, is to avoid direct contact by using a dental dam, or plastic wrap. The next safest course is a sensual clean-up of the bottom's anus. Using warm water, paper towels, and Hibiclens®, gently clean the outside and just inside the anus (the places your tongue will reach). If you plan on doing a lot of anal play, consider getting the Hepatitis A and B vaccines; check with your physician, or a health care facility like Chicago's Howard Brown Health Center.
Anal, vaginal and/or oral	A female cannot go from anal to vaginal play without gloves, condom, etc., being changed, or she risks vaginal infections; same with oral contact. After rimming a female, swish some Listerine® in your mouth before you perform cunnilingus.

Have Fun—and Play Safe!!!

