

Vaginal Lubricants



VAGINAL LUBRICANT BASICS:

- Avoid lubricant products with glycerin & propylene glycol
- Look for water-based or silicone-based products
 - Keep in mind that silicone-products should not be used with latex condoms as it can degrade the quality of the latex
- Also consider natural products such as coconut oil or olive oil

FREQUENT YEAST INFECTIONS:

May respond better to the following products that do not contain GLYCERIN

Water-based lubricant:

- Liquid Silk
- Slippery Stuff

VULVODYNIA/VESTIBULODYNIA

May benefit from lubricant or creams with lidocaine for numbing
Consult with your physician before trying products with lidocaine

Desert Harvest - Reveleum Skin Repair Cream with 4% lidocaine can be used before dilator use or before penetrative intercourse

Scented Lubricants (sunflower oil, olive oil, alfalfa, lavender, cranberry extract) or lubricants that contain botanicals may irritate vaginal tissues

If you are allergic to garlic or onions avoid lubricants with Aloe Vera

WHERE YOU CAN FIND LUBRICANTS:

Drugs stores/Target:

- Astro-glide Natural (may find other glycerin-free brands here)

Online:

- Slippery Stuff, Pink Indulgence, Liquid Silk, Zestra, Sliquid Organics, Silk, Good Clean Love, Aloe Glide or Aloe Gele from Desert Harvest, Oasis Silk, Wet Platinum, Uberlube or Fermani

POST-MENOPAUSAL WOMEN:

May respond better to the following products with a higher pH

- Water-based lubricant
 - Slippery Stuff
- Silicone (dimethicone) lubricant
 - Wet Platinum
- Hybrid (combo of water & silicone)
 - Sliquid Organics