

Vaginal moisturizers + lubricants



Cancer treatments, menopause and natural aging can all lead to changes in the vagina, including loss of elasticity and moisture due to a reduction in natural estrogen production. No matter the cause of these changes, our focus is to help you maintain good vaginal health, in addition to ensuring sexual activity remains pleasurable and pain free. For some women and assigned females at birth (AFABs), vaginal estrogen is a safe option to help with these symptoms. Other women and AFABs may benefit from different treatment options. A conversation with your doctor is the best place to start.

What is the difference between a vaginal moisturizer and a lubricant?

Vaginal moisturizers are used daily to help replace moisture in the skin. Lubricants are used to help reduce friction during intercourse with the use of toys and with vaginal dilators.

Vaginal moisturizers

Vaginal moisturizers are used to treat vaginal dryness resulting from cancer treatments, menopause, aging or breastfeeding. They can also help to maintain a healthy Ph balance in the vagina. Vaginal moisturizers should be applied daily and can greatly enhance day-to-day vaginal health and comfort.

Vaginal moisturizers come in different forms: creams and gels, which are applied either with an applicator or your finger directly into the vagina; suppositories, which are dissolvable capsules placed inside the vagina; and natural oils, such as Vitamin E, coconut, flax seed and jojoba.

There are also a number of commercial moisturizers available, including Replens, Luvena, Revaree, Estradiol Vaginal Cream, Good Clean Love Restore Moisturizing Vaginal Gel, Ah! Yes, VM Vaginal Moisturizing Gel, and VMagic, among others. Many of these products are available at local drugstores like CVS, Walgreens, Target and Walmart. They are also available online at drugstore.com, babeland.com, goodvibes.com and Amazon.com.

Lubricants

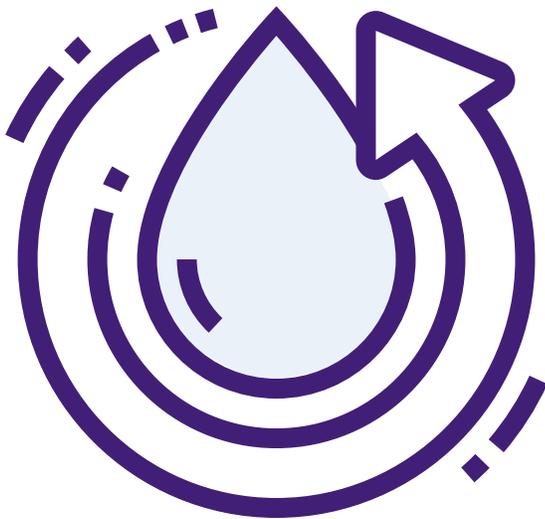
An adequate level of lubrication is an important part of a comfortable, pleasurable sexual experience. Cancer treatment, menopause, aging and dehydration can impact the body's ability to lubricate at an adequate level. In addition, foreplay is a huge part of achieving optimal lubrication and most people do not engage in the recommended 20 – 40 minutes.

Lubricants fall into three categories:

- Water-based lubricants are often preferred as they are regarded as more natural, but they can dry out more quickly and must be re-applied.
- Oil-based lubricants, such as olive oil and coconut oil, are generally readily available.
- Silicone-based lubricants tend to be longer-lasting, silkier and less "gummy."

Several companies also make a water-based and silicone-based hybrid products, which have the advantages of each grouping. Avoid gimmicky lubes, like those that are flavored or warming, since they can be irritating. We have listed some popular brands. They can be found in drug stores and markets in the aisle with contraceptive or hygiene products. They are also available online at drugstore.com, Babeland.com, Goodvibes.com, Amazon.com, or even the Vermont Country Store.

Cautions: There is a difference between glycerin and glycerin free. Glycerin is often found in water-based lubricants and can be an irritant for some women and AFABs. While not a contraceptive, lube can impair sperm's mobility, so if you are trying to conceive, Pre-Seed Fertility Lubricant is the best option. It is also important to not mix oil or silicone lubricants with silicone toys, as they can cause the silicone in the toy to break down.



- **Good Clean Love:** Product line of a variety of water-based and hybrid lubes that are organic, glycerin- and paraben-free. Environmental-conscious packaging. (goodcleanlove.com)
- **Platinum:** Product line with silky, fragrance-free, silicone and hybrid lubes. Hypoallergenic, longer lasting, taste and odor free, stays silky (wetlubes.com)
- **Sliquid silver:** Part of the Sliquid brand. Water-based, glycerin-free and hypoallergenic (sliquid.com)
- **Astroglide:** Long-lasting, stays silky/slippery, readily available (astroglide.com)
- **K-Y Jelly:** Readily available. Tends to be thicker and get “gummy”
- **Liquid Silk:** Silky, glycerin-free, odorless (liquidsilkube.com)
- **Lubrin:** This is a suppository, which can be helpful, but takes time to melt. Hypoallergenic, fragrance-free (Amazon.com)
- **Moist Again:** Natural feeling, long-lasting. (Available at 800.537.8658)
- **Pre-Seed:** Lubricant (and vaginal moisturizer) for couples trying to conceive. (Amazon.com or Target.com)
- **Probe Silky Light:** Gentle, odorless, glycerin- and paraben-free. Light or thick consistency available. Gentle and good for those with sensitivities (probelube.com)
- **Slippery Stuff Gel:** Thicker texture, glycerin-free, paraben-free, water-based, odorless, latex compatible
- **Uber-lube:** Silicone-based, fragrance-, glycerin- and paraben-free. Can be used for dilator therapy

Tufts Medical Center OBGYN

Division of Gynecologic Oncology
800 Washington Street
North Building, Mezzanine
Boston, MA 02111

T 617.636.6058

tuftsmedicine.org/OBGYN

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