

Vaginal Lubricants

Vaginal lubricants are used both to moisturize the vaginal tissue and provide additional lubrication during intercourse. Lubricants can be water-based or silicone-based. Water-based lubricants are good for dry vaginal tissue and silicone lubricants are good to increase “slipperiness” of the vaginal tissue (decrease friction). Most women of all ages do fine with silicone lubricants, some post-menopausal women may experience burning with silicone lubricants that have an acidic pH.

Women with severe dryness may wish to use both a moisturizing lubricant and a silicone lubricant when having intercourse, applying the moisturizing lubricant first and then the silicone lubricant over it. The moisturizer will soak into the vaginal tissue, and the silicone will seal it in and create a slippery surface that will be more comfortable for intercourse. For example: Use S’Liquid Silk or Liquid Organics Silk - as a moisturizer + Pink as a lubricant

Examples of water-based lubricants (can be used for daily moisturizing and as a lubricant for intercourse):

- . S’liquid Organic Silk - recommended for post-menopausal women who are using condoms. It is moisturizing and the pH is usually well tolerated.
- . Liquid Silk – pH is similar to the pH of a pre-menopausal woman.
- . Slippery Stuff Gel soaks in very fast, works well with condoms; good for woman who tend to have vaginal burning (because it is less acidic) or just needs a good water-based lubricant. Slippery stuff is not a moisturizer but works well as a lubricant if a woman doesn’t tolerate a silicon lubricant.

Example of Silicone lubricants – used for intercourse

- . Pink is a silicone-based lubricant. Silicon helps with glide more than the water-based lubricants. May want to add a moisturizing lubricant also if dryness is an issue.

Pink, Liquid Silk, S’Liquid Organic Silk and Slippery Stuff are glycerin- free and are in the correct range of pH and so are recommended for women who are susceptible to yeast infections. Many of these lubricants can be purchased in local pharmacies or online.

- . SlipperyStuff Gel is available in the Health Education department in the Antioch Medical Center, Delta Fair, Livermore, Martinez, Pleasanton, Park Shadelands, and Walnut Creek.
- . <http://a-womans-touch.com/> (phone # 1-888-621-8880)
- . Amazon.com
- . Good Vibrations- (phone # in Berkeley 510-841-8987) 2504 San Pablo Ave., Berkeley