

Lubricants and Related Items

Adequate lubrication is an important part of positive sexual interaction. The list below includes some widely available lubricants (lubes). This is not a complete list. In drug stores, lubrication products are usually displayed near the pharmacy (prescriptions). You can also find lubricants in the “health” aisle of stores selling organic foods. Often, you will find lubricants together with other vaginal care and hygiene products. Lubricants can also be purchased online at drugstore.com, goodvibes.com, babeland.com, drugstore.com and others. Even the ‘Vermont Country Store’ catalog carries great lubes and vibrators. Lubrication products are not contraceptives. The list below includes water-based lubricants and silicone lubricants. The most readily accessible and often personally preferred lubricant is human saliva.

Caution: Some lubes have glycerin and some are ‘glycerin free.’ Although not well researched, glycerin has been shown to increase the production of yeast and irritation in the vagina for some women. It is found in many water-based lubes. Most lubricants impair sperm’s motility, so if trying to conceive, Pre-Seed® is considered best option. We do not list food-based oils because health care professionals caution against these. The oil can get into the urethra and contribute to urinary tract and bladder infections.

For longer ‘external play,’ try silicone lubes as water-based lubes dry out more quickly. When using new lubricants, some people are concerned about staining sheets. Spread a large dark-colored beach towel on the bed before sexual activity begins.

The University of Michigan Health System and its sex therapist staff do not officially recommend use of any one of these products, nor do they recommend any one product over any other products.

Lubricants:

- **Astroglide®** A long lasting, light lubrication that is odorless and flavorless. It is water soluble. Many like it because it is a long lasting lubricant that does not become "stringy." It is available by calling 1-800-325-5695. They can tell you if a local pharmacy carries it or you can mail order it directly from them. This company has a variety of lubes, some are glycerin free, and they even have a vaginal moisturizer.
- **Carrageenan®**: Silicone free. Not sticky. Many report it is not irritating to genitals. Has glycerin. Available in some grocery and drug stores and at: www.oceanusbrands.com.
- **Good Lubrications®** A glycerin-free lubricant from the makers of Astroglide, but this is glycerin-free. Has the Astroglide slippery-ness.
- **K-Y Jelly®** Considered an all-purpose lubricant that many people have found helpful with a "medium" degree of thickness. Some report it comes out too fast and gets "gummy."
- **KY Gel®** Preferred by some as less sticky than K-Y Jelly.
- **Liquid Silk®** Glycerin-free. Comes in a pump, Odorless. Has a lotion-like feel. Order from Goodvibes.com
- **Lubrin®**: A suppository. Many post-menopausal women find this a helpful lubricant because, since it is inserted into the vagina, it lasts longer. They indicate that it needs some time to melt inside the vagina because it is a suppository. For some women, they indicate that it is almost "too much" lubrication.
- **Maximus®** Thick and texture of lotion.
- **Moist Again®** Natural feeling, lasting. 800.537.8658.
- **Natural Lubrication®** by Emerita. 800.455.5182. Available in "organic foods" type stores.
- **Pre-Seed®** Vaginal lube and moisturizer for those couples trying to conceive. Sperm motility better. (Agarwal et al; Fertil Steril. 2008; 89:375-9).

- **Probe Silky Light®** Gentle, odorless, glycerin-free, taste-free, and paraben-free. Good for those with sensitivities. Probe Classic® is thicker, but not glycerin-free.
- **Slippery Stuff Gel®** Glycerin-free, taste-free, thicker lubricant.

Silicone Lubricants:

Silicone lubricants don't dry out like water-based ones, but silicone lubes are 'very slippery' so be careful not to spill them on the shower or bathroom floor.

ID Millennium® Not water-soluble. Does not have glycerin. Good slipperiness.

Pink® A little 'thinner' than 'ID Millennium'. Does not have glycerin. Can be used as a moisturizer. Good slipperiness.

Never mix silicone lubricants with silicone sex toys as it can cause the silicone toy to deteriorate.

Natural alternatives:

Vitamin E oil: Available in health food stores. Some women prefer it for natural, non-irritating qualities.

Carlson KEY-E® suppositories, non-laxatives. These are vitamin E oil in suppository form that need a prescription. The dose is 30 IU vitamin E. Use one or more times daily in the vagina. Natural oils should not be used with condoms as they can weaken condom latex and cause tears or disintegration of the condom.

'No estrogen' vaginal moisturizers:

Replens® Vaginal Moisturizer: This moisturizer gel is used in post-menopausal women or after medical treatments such as chemotherapy or hormone therapy that dry the vagina. A vaginal moisturizer is not a lubricant. It is inserted into

the vagina with an applicator, usually three times a week. Women who choose not to use or cannot use localized estrogen replacement to the vagina often use this vaginal gel. It does not dissolve too quickly. It reduces sensation of vaginal dryness or irritation.

KY Liquibeads®. Is a similar product that costs about the same as Repelens®.

Spermicidal Gels

Remember that a spermicidal gel has a distinctly chemical taste, so it is not preferred for oral sex. These gels were designed to be used with a diaphragm. They may be irritating when used on external genitalia like the vulva.

Condoms

Latex condoms prevent spread of HIV or Sexually Transmitted Diseases (STD's). Durex® Ultra-Sensitive Lubricated, Lifestyles® ultra-Sensitive Lubricated are two brands that were top ranked by Consumer Reports. You can check Consumerreports.org for more information on these and other non-lubricated, non-latex, and delayed ejaculation choices. Lifestyles® SKYN condoms are a non-latex alternative for those allergic to latex. SKYN is an ultrathin condom and has no taste/odor.

Warning: Only water-based lubricants and spermicidal gels can be used with condoms. Oils such as baby oil, Vaseline®, and cold cream weaken the latex and can cause tears or disintegration of the condom.

Vaginal Dilators

Visit www.vaginismus.com: for reasonably priced dilators.

Web Resources for Sexual Enrichment Aids and more

The Sexuality Library/Good Vibrations at www.goodvibes.com has sex toys, vibrators, and lots more. The site has customer ratings and pictures to help you decide what to buy. Their phone number is 800.289.8423.

Other sites that sell sexual enrichment aids are: www.babeland.com, www.cleosboutique.com, www.ohmibod.com and www.libida.com. There are many others.

Erotica: www.eroctica-readers.com or www.cleansheets.com.

Find a nationally certified sex therapies at: www.aasect.org

For sexual-health information on the web visit <http://goaskalice.columbia.edu>, and the Sexual Health Network at: <http://www.sexualhealth.com/>.

You can also google “sexual health and....” Never Google ‘sex,’. You will get so many results, it will melt your computer!

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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