

Mass General Cancer Center Sexual Health Clinic

Vaginal Lubricants and Moisturizers

Vaginal lubricants and moisturizers can help with any symptoms you may be experiencing, such as dryness, tightness, pain, or bleeding.

Vaginal Lubricants

Vaginal lubricants can be used with sexual activity. Lubricants come in water-based and silicone-based varieties. They are all sold over-the-counter and can be found in local drugstores.

Water-based lubricants can also be used with your vaginal dilator. Do not use silicone-based lubricant with a dilator.

Vaginal Moisturizers

Vaginal moisturizers maintain moisture inside your vagina. They help minimize and treat vaginal dryness. They are all sold over-the-counter and can be found in local drugstores. Do not use lotions that contain alcohol and perfumes, as they can cause irritation.

Use a vaginal moisturizer at least two times a week. The best time and place for using a vaginal moisturizer is at bedtime when you are going to be in bed for the night.

The chart on the other side of this page provides important information about both lubricants and moisturizers. Please let us know if you have any questions.

Vaginal Lubricants and Moisturizers

	Water-based lubricants to be used with sexual activity	Silicone-based lubricants to be used with sexual activity <i>***not to be used with silicone vaginal dilators</i>	Moisturizers to be used 2-3 weekly for comfort
Pros	<ul style="list-style-type: none"> • Inexpensive • Compatible with condoms • Safe to use with latex and Silicone dilators/toys 	<ul style="list-style-type: none"> • Never dries out • Can be used in water • Feels lush • Compatible with latex condoms • Does not contain glycerin and may help to reduce infections • Cannot be used with silicone vaginal dilators 	<ul style="list-style-type: none"> • Helps to moisturize vaginal lining • Makes vaginal and vulvar tissue more pliable • A single application at bedtime may provide relief for several days. May improve vaginal pH
Cons	<ul style="list-style-type: none"> • Dries out more easily, may need to reapply • May feel tacky over time • Some products could contain glycerin which may increase risk of urinary and yeast infections 	<ul style="list-style-type: none"> • More expensive • More difficult to wash off • Incompatible with silicone or rubber • Impairs sperm motility 	<ul style="list-style-type: none"> • Dries out more easily, may need to reapply • May feel tacky over time • Some products could contain glycerin which may increase risk of urinary and yeast infections
Brands	<ul style="list-style-type: none"> • Liquid Silk™ • Sliquid® Organics Silk • Sliquid® Oceanics • Slipper Stuff® • Yes® • Good Clean Love • Pre-Seed® • Luvena® 	<ul style="list-style-type: none"> • Uberlube • Pjur® Eros • Pink® • ONE® Move™ • Astroglide® Silicone 	<ul style="list-style-type: none"> • Vitamin E capsules/oil • Suppositories -(Neu-Eve) • HYALO GYN® • Replens® • K-Y® Liquidbeads® • Pulse • Organic, preservative-free natural coconut oil (solid)