

When are sexual lubricants medically indicated?

Women

- Vaginal dryness
- Sexual Arousal Disorder
- Dyspareunia (painful sex)
- Vaginal atrophy
- Vulvodynia
- Vaginismus
- Orgasmic difficulty
- Use of vaginal dilators
- Post menopause

Men

- Erectile Disorder
- Dyspareunia (painful sex)
- Rapid Ejaculation
- Orgasmic difficulty
- Use of vacuum device

If you would like any more information on the above conditions please contact our service using our contact information on the back of this leaflet.

What types of lubricant are there?

The most commonly used sexual lubricant is saliva! However there are these better options:

- Water based
- Oil based
- Silicone based
- 'Speciality'

Oil Based sexual lubricants



Examples:

- 'Yes' oil based lubricant
- Vaseline
- Baby oil

Advantages

- Easily available
- Long lasting
- Non-sticky
- Can be used under water
- Compatible with polyurethane condoms (latex free)

Disadvantages

- Products not specifically intended for use as a sexual lubricant e.g. Vaseline and baby oil can cause local reactions/allergies
- Not ideal for vaginal use
- Difficult to rinse off
- Cannot be used with latex condoms, oil based lubricants will cause the condom to pop or tear
- Can stain fabrics
- Not compatible with latex or cyber-skin sex toys

Silicone based sexual lubricants



Examples:

- Gun oil
- Pjur Med
- Astroglide

Advantages:

- Highly concentrated so good value
- Non-sticky
- Can be used with all types of condoms
- Latex friendly
- It is not absorbed so is very long lasting and very unlikely to cause local irritation/allergy
- Glycerin and paraben free
- Can be used underwater
- Many other personal and household uses

Disadvantages:

- Relatively expensive compared to other types of lubricant & not as easily available
- Stains fabrics and difficult to remove them
- Slippery and difficult to rinse off
- Bitter taste
- Incompatible with silicone sex toys

'Speciality' sexual lubricants



Speciality sexual lubricants are usually water based in nature and therefore have many of the same advantages and disadvantages. However as well as lubrication they have additional properties which can increase sexual possibilities.

- Flavoured

There are now many kinds of flavoured lubricant which can enhance the sensual experience of sex through taste.

- Pleasure enhancing

Pleasure enhancing lubricants cause specific sensations such as warming, tingling, heat, and soothing.

- Fertility friendly

These lubricants have been developed to co-operate with sperm motility.

- Fertility un-friendly (spermicidal)

These lubricants have been developed to kill sperm cells and assist contraception.

Water based lubricants



Examples:

- Durex 'play'
- KY Jelly
- 'Yes' Water based lubricant

Advantages:

- Mimics natural lubrication
- Washes off easily
- Does not stain fabrics
- Condom friendly
- Relatively cheap
- Widely available
- Big variety on offer

Disadvantages:

- Can dry out quickly
- May need reapplication
- Can feel sticky
- Not effective in water

SHARE Psychosexual Service

For all enquiries please contact:

Tel: 01254 283333 Mobile: 07538475987

Email: bfw-tr.shareblacklancs@nhs.net

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Sexual Help & Relationship
Enhancement
Psychosexual Service

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Sexual Lubricants

Definition:

Sexual lubricants (colloquially termed lube) are specialised lubricants used during human sexual activity to reduce friction and wear between body parts, or between body parts and other objects.

Lubricant is required by the body for most sexual acts to be undertaken, and is naturally produced by the body during sexual arousal. Men may notice a substance being secreted from their penis during arousal and sexual activity and similarly Women may notice a substance being secreted from their vagina as well as a 'wet' sensation during arousal and sexual activity. However natural production is not always adequate, and tends to reduce as we age. Furthermore some sexual acts have no natural lubricant (for example anal sex) so lubricant is essential to prevent tissue damage.

When can you use sexual lubricants?

- Male and Female masturbation
- Anal sex
- Vaginal sex
- Oral sex
- For use with sex toys