

## How do I choose the right lubricant?

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- Ask yourself what you are using it for and refer to the table on the previous page.
- Read the ingredients and check for anything that might irritate you such as glycerine, parabens or artificial dyes.
- Ask if you can sample it first. Put a drop on your wrist and rub it in for about one minute. This will give you a sense of how the lubricant feels, how long it will last and if it will irritate your skin.
- When buying a lubricant for the first time, get a sample pack or the smallest bottle available.

## How do I use a lubricant?

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The easiest way is to apply it to your fingers, dilator, adult toy, vagina or penis. Use a small amount to start and add more if needed.

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Symptom Management

# Choosing a Personal Lubricant



Tom Baker Cancer Centre

## What is a personal lubricant?

A personal lubricant is used to add moisture to personal parts of the body, such as the vagina, penis and anus.

## What are the types of lubricants available?

- Water-based
- Silicone-based
- Hybrid which is water and silicone mixed together
- Oil-based - \*Not recommended\*

## How does a personal lubricant help?

- It increases a woman's natural vaginal lubrication. Cancer treatments sometimes causes dryness.
- It may reduce the risk of infection and pain by making sexual activity easier.

Type of Lubricant	Examples	Pros	Cons
Water-based	KY® Astroglide® Hathor® Waterslide®	It is safe for you to use: <ul style="list-style-type: none"> <li>• Inside and outside of your body</li> <li>• With Latex condoms</li> <li>• With adult toys or instruments</li> </ul> It is thicker than silicone lubricants so it lasts longer	May contain glycerin and parabens. Many people are allergic or sensitive to these ingredients Can dry out quickly or become sticky *Hint* add a drop or two of water to make them slippery again
Silicone-based	Pink® ID Millenium® Eros®	It is safe for you to use: <ul style="list-style-type: none"> <li>• Inside and outside of your body</li> <li>• With Latex condoms</li> </ul> Less likely to irritate you because it usually only contains silicone Very slippery and does not dry out quickly or become sticky Thinner than water-based lubricants so it is less messy Does not break down in water so you can use it in the shower or bathtub	Do not use it with other silicone-based products such as toys. They will melt. Must be washed off the skin with soap and water Not available in drug stores; you must buy it in adult stores or online Usually more expensive
Hybrid	Sliquid Silk® Liquid Silk® PjurCreamglide®	It is safe for you to use: <ul style="list-style-type: none"> <li>• Inside and outside of your body</li> <li>• With Latex condoms</li> </ul> It has the same benefits of water-based lubricants but it lasts longer and feels more "natural"	Do not use it with other silicone-based products such as toys. They will melt. Can dry out quickly or become sticky Not available in drug stores; you must buy it in adult stores or online
Oil-based	Baby Oil Vaseline® Massage oil Aromatic oils		<b>Not recommended</b> Destroys latex condoms Increases the risk of infection by trapping bacteria Will irritate sensitive areas on your body