

Gynaecology Department - Vulval Clinic

Lubricants

For women with vulval problems where sex is difficult, it can be useful to consider using a lubricant during sex to protect the skin of the vulva and make sex easier.

Lubricants should always be used with dilator treatment and can also be used when performing vulval desensitization and vulval massage.

There are a wide variety of lubricants available to buy in chemists, supermarkets and on the internet. It is well worth trying a few to see which one works best for you.

KY Jelly is one of the better known lubricants, but it can be sticky and tends to dry quite quickly, so other lubricants are generally preferred.

Many different products are available, but some to consider trying are:

- **Sylk** www.sylk.co.uk

Available to buy over the counter, on prescription (helpful if you are eligible for free prescriptions) or can be purchased on the website.

- **Yes** www.yesyesyes.org

A range of organic water and oil based lubricants packed in various sizes. Can be purchased on the website.



Patient Information

- **Vielle**

A silicone based lubricant that has a different feel to the water based lubricants. Available at chemists and supermarkets.

- **Astroglide** www.astroglide.com

A range of water and silicone based lubricants in various formulations and sizes. Can be purchased on the internet

If you have any questions, please contact:

The Colposcopy clinic: 024 7696 7222
(8.00am to 5.00pm Monday to Friday)

The Trust has access to interpreting and translation services. If you need this information in another language or format please 024 7696 7222 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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