

Gynaecology - Vulval Clinic

Lubricants

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

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

A wide variety of lubricants are available to buy from chemists, supermarkets and online. It's worth trying a few to see which one works best for you.

K-Y Jelly is one of the better-known lubricants. But it can dry quickly and be sticky, 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're eligible for free prescriptions) or on their website.

Yes[®]

www.yesyesyes.org

A range of organic water and oil-based lubricants packed in various sizes. You can purchase it on their website.



Patient Information

Vielle

A silicone-based lubricant that has a different feel to 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. You can purchase it on their website.

If you have any questions, please contact:

The Colposcopy Clinic: 024 7696 7222 or 024 7696 6598

8am to 5pm, Monday – Wednesday and 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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