**PRODUCTS AVAILABLE FOR VAGINAL LUBRICATION**

These products are on the market; however, they may not be available in all pharmacies.

**I. Vaginal Moisturizers**

1. **REPLENS**
   By Columbia Laboratories, Inc. This is used three times a week at bedtime with applicator to maintain normal vaginal moisture.

2. **GYNE-MOSTRIN**
   By Schering-Plough. For use to maintain vaginal moisture.

3. **MOIST AGAIN**
   For use to maintain vaginal moisture.

**II. Personal Lubricants**

1. **ASTROGLIDE**
   Developed by NASA for use with space program, now marketed as personal lubricant by Astro-Lube, Inc. for use at time of intercourse.

2. **LUBRIN VAGINAL SUPPOSITORY**
   Developed for postmenopausal women by Upsher-Smith. For use at time of intercourse.

3. **CONDOM-MATE VAGINAL SUPPOSITORY**
   Developed for use with condoms, also made by Upsher-Smith. Same as Lubrin, just smaller. For use at time of intercourse.

4. **TODAY PERSONAL LUBRICANT**
   Made by Today Personal Contraceptive Sponge. For use at time of intercourse.

5. **K-Y JELLY**
   For use at time of intercourse.

Lubricants are used to minimize friction and relieve vaginal dryness during intercourse. They should be reapplied often to the clitoris, labia, vaginal entrance and both partners’ genitals. There are currently three categories of vaginal lubricants on the market (water-based, oil-based and silicone-based). Please consult with your physical therapist and review the chart below to determine the best lubricant for you.
<table>
<thead>
<tr>
<th>Lubricant Type</th>
<th>Pros</th>
<th>Cons</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water-Based</td>
<td>*Compatible with latex  *Sticky  *Can contain preservatives  *Compatible with silicone rubber sex toys</td>
<td>*Dries quickly  *Needs to be reapplied  *Washes away easily</td>
<td>*KY  *Astroglide  *Slippery Stuff  *Yes</td>
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<tr>
<td>Oil-Based</td>
<td>*Does not need to be reapplied  *Non-irritating</td>
<td>*Messy/greasy  *Breaks condoms and diaphragms  *Bad smell  *Stains  *Difficult to wash off clothes/body</td>
<td>*Almond  *Olive oil  *Yes</td>
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<tr>
<td>Silicone-Based</td>
<td>*Does not need to be reapplied  *Non-irritating</td>
<td>*Not compatible with silicone rubber sex toys  *Bad taste  *Difficult to wash off clothes/body</td>
<td>*Eros  *Pink  *ID Millennium  *Wet Platinum</td>
</tr>
</tbody>
</table>

We do not advise the use of petroleum jelly (Vaseline™) because it may cause irritation or yeast infection.