

Non-Hormonal Products to Help with Vaginal Dryness

Vaginal dryness can be prevented with proper treatment. Non-hormonal vaginal moisturizers and lubricants can be used to reduce dryness, irritation and discomfort. You can buy these products over-the-counter at a retail store, pharmacy or online.

Vaginal moisturizers can be used each day to add moisture and increase the elasticity of your vaginal tissue. Place a small amount of vaginal moisturizer in your vagina and around the opening of your vagina before you go to bed. Some vaginal moisturizers come with an applicator to use. Other products can be put on using your fingers.

You may have a small amount of discharge or leakage. It may help to wear a panty liner.

Some vaginal moisturizer products include:

- Replens*
- Luvena
- Hyalo Gyn
- Coconut Oil
- Vitamin E capsules or suppositories
- Water-based lubricants, such as ONE Oasis Silk and Sliquid Organics Silk

Lubricants can be used for sexual activity to reduce discomfort from vaginal dryness. The two most common type of lubricants are water-based and silicone-based lubricants.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- **Water-based lubricants** are less expensive and can be used with products made from latex or silicone, such as condoms, toys or vaginal dilators. If you often have yeast infections, water-based lubricants are a better choice for you. These lubricants can dry out and may need to be put on often during sexual activity.

Some water-based lubricant products include:

- ▶ KY-Jelly*
- ▶ Astroglide*
- ▶ ONE Oasis Silk
- ▶ Sliquid Organics Silk
- ▶ Sliquid Natural Sea
- ▶ Slippery Stuff
- ▶ Yes Organics Water-Based
- ▶ Good Clean Love
- ▶ Pre-Seed

- **Silicone-based lubricants** are more expensive than water-based lubricants and are able to be used with latex but should not be used with silicone or rubber. Some condoms, sex toys and vaginal dilators are made of silicone or rubber. This type of lubricant can be used in water and does not dry out, which can make it hard to wash off. Silicone-based lubricants can reduce how well sperm travels.

Some silicone-based lubricant products include:

- ▶ Uberlube
- ▶ Femani Smooth Touch
- ▶ ONE Move
- ▶ Pjur
- ▶ Pink
- ▶ Eros

The tissue in your vaginal area is sensitive and some ingredients can cause irritation.

Do not use products with any of the following ingredients:

- Menthol, peppermint or cinnamon
- Capsaicin
- Beeswax
- Oils, including olive, mineral, and jojoba
- Chlorhexidine gluconate
- Vaseline or petroleum jelly
- Wild yam

Do not use products that are labeled as “warming,” “cooling,” or “tingling”. You may also find that some ingredients, such as glycerin (*) and parabens, irritate your vaginal area. If this happens, **do not** use the product and call your doctor.