

Vaginal Moisturizers and Lubricants

What are vaginal moisturizers?

Vaginal moisturizers improve vaginal moisture and tissue quality. They can be used at any time, but work best when used at bedtime and should be used several times a week for overall vaginal health and comfort. Vaginal moisturizers are different from lubricants, which are used during sexual activity.

Examples of vaginal moisturizers:

Hydrating types	Soothing (natural oil) types
<p>Replens™ Long-Lasting Vaginal Moisturizer</p> <ul style="list-style-type: none"> – This vaginal moisturizer can be inserted into your vagina with an applicator. – You can buy Replens Long-Lasting Vaginal Moisturizer at your local pharmacy. 	<p>Carlson® Key-E® Suppositories</p> <ul style="list-style-type: none"> – These are suppositories (a solid medication that dissolves when put in your body) that you insert into your vagina. – You can buy Carlson Key-E suppositories online at carlsonlabs.com.
<p>HYALO GYN®</p> <ul style="list-style-type: none"> – This hyaluronic acid-based moisturizer can be inserted into your vagina with an applicator. – You can buy HYALO GYN online at hyalogyn.com. 	<p>Natural oils, such as vitamin E or coconut oil</p> <ul style="list-style-type: none"> – These can be used inside or outside of your vagina. – You can buy natural oils online, or at a local retail pharmacy or health foods store.
<p>Revaree</p> <ul style="list-style-type: none"> – This hyaluronic acid-based moisturizer is a suppository (a solid medication that dissolves when put in your body). It should be inserted into your vagina. – You can buy Revaree online at hellobonafide.com. 	

How to use vaginal moisturizers

- Many vaginal moisturizers come with an applicator. You will need to fill the applicator with the moisturizer and then insert it carefully into your vagina. You can put lubricant on the tip of the applicator to make it easier to insert into your vagina.
- You can also use vaginal moisturizers on your inner and outer labia (the folds of skin around your vagina). To put these moisturizers on your vulva, put a small amount (pea or grape size) of moisturizer on your finger. Then, massage the moisturizer into your vaginal opening and onto your labia.
- If you recently finished cancer treatment, or are going through sudden menopause, you may need to use the moisturizers 3 to 5 times a week to relieve your symptoms.
- Vaginal moisturizers should be used before you go to bed, so the product can be fully absorbed.



Vaginal Moisturizers and Lubricants

What are vaginal lubricants?

Vaginal lubricants are designed to reduce friction and discomfort from dryness during sexual intercourse. The lubricant is put on the opening of your vagina and on whatever is being placed in or near your vagina, such as an applicator, dilator, finger, object, or your partner’s penis. Avoid colored, flavored or warming lubricants because they can be irritating. Never use petroleum jelly (such as Vaseline®) as a lubricant. Petroleum jelly is hard to wash off and it can irritate your vagina or increase your risk for vaginal infection.

Examples of vaginal lubricants include:

Water-based lubricants	Silicone-based lubricants	Natural oils
Astroglide®	Pjur®	Almond oil
K-Y Jelly®	Astroglide® Silicone	Coconut oil
Good Clean Love® (organic)	Uberlube	Olive oil
Aloe Cadabra®	<p>Note: If you’re using a latex condom, always use a water or silicone based lubricant. Don’t use an oil-based lubricant, because they can break down latex condoms. Take your time before having sex to make sure that you are fully relaxed and aroused.</p>	
Luvena®		
AH! YES®		
Aquagel®		
Sliquid®		

Additional Resources

- National Institutes of Health – Menopausal Hormone Therapy Information: nih.gov
- MiddlesexMD, a confidential women’s sexual health resource: middlesexmd.com
- Talk to your doctor or gynecologist.

This handout is for informational purposes only. It should not be used in place of advice or instructions given by your doctor. Talk to your doctor or health care team if you have questions about your care.

Survivorship Program Mission

To improve the quality of life of cancer patients through education, research and wellness. The survivorship program supports patients, families and caregivers throughout the continuum of diagnosis, treatment and beyond.

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