



# Lubricants

There are many lubricant options available based on your individual preference. For more information ask your UT Health Austin provider.



## Silicone and Water-Based Lubricants



Some options are jojoba and coconut oil. Both are natural antiseptics and moisturizers.

Because they are antiseptics, they are considered excellent cleaners. Although the vagina needs a certain level of bacteria for adequate function, if the oils are used daily, individuals may experience an increase in infections. If used as a vaginal lubricant or moisturizer, we recommend that you use them 2-3 times a week.

**Do NOT use with condoms, as it breaks down the condom material.**



Water-based are great options, but you want to avoid lubricants that have glycerin, alcohol, warming ingredients and dye. None of the options in the chart below have any of the aforementioned ingredients.



Silicone based lubricant is best for individuals who do not do well with water-based lubricants or who experience a lot of burning.

Water-based Lubricant	Silicone-based Lubricant
Slippery Stuff <b>P</b>	Uber Lube <b>P</b>
Sustain (Unscented) <b>O, P, V</b>	SKYN Maximum Performance
Sliquid Natural Gel (Aloe) <b>O, P, V</b>	Pjur Women Silicone <b>OM</b>
Pjur Women Nude <b>OM</b>	Sliquid Silver <b>P</b>

**O** = Organic **OM** = Mostly Organic **P** = Preservative, parabens, petrochemical free **V** = Vegan