



# Features of Personal Lubricants and Intimate Moisturisers

Using this resource is simple:

**GREEN** means PROS and **RED** means CONS. **YELLOW** means IT DEPENDS or UNKNOWN.

Select the feature/s important for your patient and add up which type of product has the most PROS.

Product characteristic	Water-based, pH <5.5	Water-based, pH >5.0	Oil-based	Silicone based	Vaginal Moisturiser - mineral oil & glycerine	Vaginal moisturiser - flax & aloe vera juice based	Petroleum Jelly (Vaseline)	Olive Oil	Coconut oil
Condom Compatibility	✓	✓	✗	✓	✓	✓	✗	✗	✗
Gentle with friable vaginal tissue	✓✗ 1	✓✗ 1	✓	✓	✓	✓	✓	✓	✓
Not likely to substantially harm sperm motility	✓✗ 2	✓✗ 2	✓	✓	✗	✗	✓	✗	?
Not likely to harm vaginal lactobacilli	✓	✗	✓	✓	✗	✓	✗	?	?
Will not be likely to PROMOTE uropathogens, BV bacteria, Candida	✓	✗	?	?	✓	✓	✗	?	✓
Potential to ACTIVELY INHIBIT uropathogens, Candida	?	✗	?	?	✗	?	✗	✗	✗
Suitable for premenopausal vaginal pH	✓	✗	✓	✓	✓	✓	✓	✓	✓
Vaginal moisturiser	✗	✗	✓✗ 6	✗	✓	✗	✗	✓✗ 6	✓✗ 6
Suitable for pH of anorectum	✗	✓	✓	✓	✗	✗	✓	✓	✓

- 1-Depends on osmolality. Hyperosmolar=harmful. See associated Clinical Cobblestones Resource "Osmolality & pH"
- 2-Dependent on product (includ. ingredients, pH & osmolality), though most water-based lubricants harm sperm motility
- 3-Unknown if affects vaginal lactobacilli; virgin coconut oil contains lactobacilli but also contains antimicrobial compounds.
- 4-Dependent on phenol (antioxidant) content of olive oil
- 5-Not uropathogen, but in vitro anti-Candida evidence
- 6-Oil-based products may feel moisturising but lack some properties of a vaginal moisturiser. See associated Lecture "Vaginal Lubricants & Moisturisers" in the pHantastic pHlora e-course

References: [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)

**This is not a stand-alone resource.**

**You will also need your clinical reasoning! (plus possibly the extra resources in bold above)**