

Vaginal lubricants and moisturisers

Recommended vaginal lubricants and moisturisers to improve overall intimate health and sexual pleasure

Following gynaecological cancer treatment, it is common for women to experience symptoms such as vaginal dryness, bleeding or pain during sex and clinical examination. Using a vaginal lubricant and moisturiser regularly can help improve the comfort and general experience of clinical examination and sexual intercourse. Below are some recommended brands which also provide free samples on request. Once you find a brand that suits you, you can ask for it to be added to your list of repeat prescriptions from GP (for free), as they will improve post-treatment vaginal symptoms and side effects.

Lubricants – to be used during sexual relations or with vaginal dilators

- YES- free on prescription www.yesyesyes.org
- Sylk- free on prescription www.sylk.co.uk
- Astroglide- www.astroglide.com/home
- Pjur
- Senselle
- Vielle
- Durex

Moisturisers- to be used long-term to improve overall vaginal health

- YES- free on prescription www.yesyesyes.org
- Hyalofemme- free on prescription www.hyalofemme.co.uk
- Replens- free on prescription www.replens.co.uk
- Regelle

Resources with useful advice/tips on management of menopausal symptoms

- Menopause matters website
- Daisy network website (surgically induced menopause 45 or under)
- Balance app- Dr Louise Newson
- Menopause support group ran by psychological support at RMH

