

## Helpful Sexual Intimacy Products

### Warming and Cooling Products

Heat and cold both before and after sex can help relieve discomfort experienced with intimacy. Options include both external and internal warming and cooling products. A warm pack used over the lower abdomen and pubic area can help relax pelvic muscles before sex. Warm and cool packs, placed on the vulva, perineum, or your lower abdomen and pubic area, can ease pain and discomfort. Cool packs on the vulva or perineum can ease burning or head off irritation after sex. Many different shapes and sizes of packs are available. One product shaped specifically for women with pelvic pain is the EndoFEMM ([www.dabloenterprises.com](http://www.dabloenterprises.com)).

Something that can warm or cool internal tissues can be helpful before or after sexual activity. Some of these products can also be used to massage pelvic muscle trigger points. Some healthcare providers have men or women patients use the adult recreational products EZ Fit and EZ Magic ([www.icrelief.com](http://www.icrelief.com)) that can be safely used (as directed) in this way warmed or cooled. They can also be used to massage trigger points. Or, ask your healthcare provider about using the finger of a rubber exam or kitchen glove filled with chilled water for cooling after sex.



### Moisturizers and Lubricants

Lubricants coat tissue surfaces and relieve friction and discomfort with sexual activity. Moisturizers penetrate and hydrate vaginal tissues and are helpful for general dryness, which can occur with menopause. Water- and silicone-based products are usually better choices for these products. However, avoid products labeled “warming,” “tingling,” or something similar, as these ingredients can be irritating. If you are prone to sensitivities, hypoallergenic products, such as Sylk, may be your best choice. Organic or natural products can be good choices but may not be hypoallergenic. There are pros and cons for the three key types of these products:

#### Petroleum and oil based

Petroleum and oil based products break down latex so they cannot be used with condoms, diaphragms, or cervical caps. They can also be irritating, although natural oils, such as almond or olive, may not be.

#### Water-based

Water-based products wash off easily and are usually nonirritating, although some people have difficulty with glycerin, paraben, or other ingredients.

#### Silicone-based

Silicone-based products are waterproof and tend to lubricate longer. Although they’re not for everyone, some IC patients find they increase comfort.

Test a small amount of any product on yourself outside of sexual activity. A list of sample brands follow. Most are available in drug stores, others can be ordered through internet sites. Free samples, which many companies promote on their internet sites, or sampler packs, such as from Good Vibrations ([www.goodvibes.com](http://www.goodvibes.com)), can help you choose a product that’s right for you.

		<b>VAGINAL MOISTURIZERS</b>	<b>PERSONAL LUBRICANTS</b>
<b>Astroglide Products</b> www.astroglide.com	Water based	<ul style="list-style-type: none"> <li>• Silken Secret</li> </ul>	<ul style="list-style-type: none"> <li>• Astroglide Liquid</li> <li>• Astroglide Gel Liquid</li> </ul>
	Glycerin and paraben free		<ul style="list-style-type: none"> <li>• Astroglide</li> </ul>
	Silicone based		<ul style="list-style-type: none"> <li>• Astroglide X</li> </ul>
<b>Bodywise</b> www.liquidsilk.com	Water-based		<ul style="list-style-type: none"> <li>• Liquid Silk</li> <li>• Maximus</li> </ul>
<b>Desert Harvest</b> www.desertharvest.com	Aloe based, water soluble, paraben free		<ul style="list-style-type: none"> <li>• Aloe Vera Personal Gel</li> </ul>
	Aloe based, water soluble		<ul style="list-style-type: none"> <li>• Aloe Vera Gelé</li> </ul>
<b>Good Clean Love</b> www.goodcleanlove.com	Water based		<ul style="list-style-type: none"> <li>• Organic Personal Lubricant</li> </ul>
<b>KY Products</b> www.ky.com	Water based	<ul style="list-style-type: none"> <li>• Long Lasting</li> <li>• Silk-E</li> </ul>	<ul style="list-style-type: none"> <li>• Sensual Silk</li> <li>• Sensual Mist</li> <li>• Jelly/Gelée</li> <li>• Natural Feeling Liquid</li> </ul>
	Silicone based	<ul style="list-style-type: none"> <li>• Liquibeads</li> </ul>	<ul style="list-style-type: none"> <li>• Intrigue</li> </ul>
<b>Oceanus Brands</b> www.oceanusbrands.com	Water based		<ul style="list-style-type: none"> <li>• Carrageenan Personal Lubricant</li> </ul>
<b>Replens Products</b> www.replens.com	Water based	<ul style="list-style-type: none"> <li>• Replens Long-Lasting Feminine Moisturizer</li> </ul>	<ul style="list-style-type: none"> <li>• Intimate Options Personal Lubricant Mousse</li> </ul>
<b>Sylk</b> www.sylkonline.com	Water based, paraben free, hypoallergenic		<ul style="list-style-type: none"> <li>• Sylk Personal Lubricant</li> </ul>
<b>Sliquid</b> www.sliquid.com	Water based, glycerin and paraben free		<ul style="list-style-type: none"> <li>• Sliquid H2O Intimate</li> <li>• Sliquid Sassy</li> <li>• Sliquid Organics Natural</li> <li>• Sliquid Organics Natural Gel</li> <li>• Sliquid Organics Silk</li> </ul>
	Silicone based		<ul style="list-style-type: none"> <li>• Silk Intimate Lubricant Hybrid Formula</li> <li>• Silicone based</li> <li>• Silver Premium Silicone</li> </ul>

### About the ICA



The Interstitial Cystitis Association promotes and funds research; educates the medical community and public; advocates for IC patients, healthcare providers and researchers; and offers support for IC patients and their families. Your donation dollars also enable the ICA to continue vital programs and services.

**www.ichelp.org**  
ICAmail@ichelp.org  
800-HELP ICA (800-435-7422)