

WHEN TO USE WHAT

LUBE 101

WHEN TO USE LUBE:

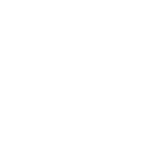
Lube can make masturbation more pleasurable and can aid in making penetrative sex more comfortable. Lube reduces friction, which also makes sex safer. Lube is available from most pharmacies.

Not having enough lubrication during sex can cause abrasions within the vagina and/or anus. These abrasions increase the risk for infections. Friction also causes condoms to break, which increases the chance of passing on an Sexually Transmitted Infection (STI).

Vaginas produce natural lubrication. Some vagina's do not naturally produce enough for comfortable, and safe sex (even when turned-on/aroused), and that's okay! A variety of things can influence a body's natural lubrication production including: age, medications, consuming alcohol, point in the menstrual cycle.

Anal penetrative sex acts require lubrication as the rectum does not produce lubricants. So if you're planning on doing anal be sure to use lube!

WHAT TYPE OF LUBE SHOULD I USE?



WATER BASED LUBE

Water Based Lubes are compatible with both condoms and most* sex toys. They do get absorbed more quickly than other types of lube, which causes for more frequent re-application.

The absorption can also leave a tacky or sticky on your body.

Water based lubricants are generally non staining, and are easily washed off.

OIL BASED LUBE



Oil Lubes are meant as lubricant for masturbation or people with penises. They are difficult to flush from the body typically

irritating vaginas and leads to infections. Oil

lube **DEGRADES** latex condoms, making them tear, rip or break.

Oil Lubes are safe with most* sex toys.



SILICONE BASED LUBE

Silicone Lubes are not safe with most* toys. Silicon lubes are safe to use with latex condoms. Silicon is ultra slippery and doesn't get absorbed as quickly as water based lubricant, which means less reapplication.

FLAVOURED



Flavoured lubes can be great for foreplay and oral sex.

Some people avoid lubes containing glycerine, thinking it contributes to yeast infections, but there's no clear science to support this.

Most* always check out manufacturer websites for recommended lubes to use with your toys

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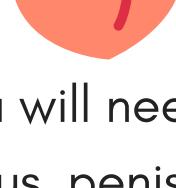
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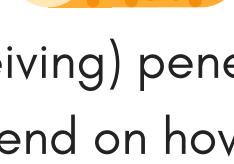
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HOW MUCH DO I USE?

The amount of lube you choose to use is based on your comfort and the sex act you are performing. **Always communicate your lubricant needs/wants** with your partner.



If you are performing anal you will need to use lube. For this you can put lubricant right on the anus, penis, and/or toy. Ensure you add enough lubricant so the sex is comfortable. Always add more if you think it may be needed or wanted.



If you are performing (or receiving) penetrative sex with a vagina the amount of lube can depend on how much natural lubricant the person with the vagina produces. Some people produce a lot of natural lubricant, others do not, and that's okay.

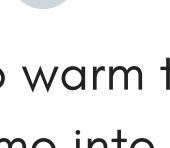


The amount of lube you plan on using will also depend on how long you're planning to have sex and what type of lube you are using. There's usually a good chance you'll need to reapply, especially if you're using a water-based lube.

You'll know when it's time for more lube when things start feeling less slippery and more dry.

HOW DO I APPLY THE LUBE?

You can apply lube to the outside of the condom, or if you and your partner are not using a condom, then directly to the anus, penis, vagina, or toy.



Lube can be cold at first. To warm the lube so it isn't cold upon first application is to put some into the palm of your hand, then apply the lube from your hand to the desired body part and/or toy.

*Info sheet created and distributed by The Red Door.
The Red Door is a non-judgemental sexual health clinic located in Kentville, for more information on the Red Door go to our website*

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