



Do & Don't



Use With Condoms



Any sterile water based lubricant such as:

Sutherland Lubricating Jelly

Any water based personal lubricant such as:

**Liquid Silk
Durex Play**



Nystan Pessaries

Ortho Cream



Gynol 11

Replens



Baby Oil

Butter



Cooking Oil



Cream

Body Creams & Moisturisers



Canestan

Lipstick



Massage Oils

Ice Cream



Sunscreen/Oil



Hair Conditioner

Vaseline



If you are unsure about any lubricant or medicine, then please contact a pharmacist or your GP for more advice.



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