

# Using Personal Lubricants for fun and safety!

By using plenty of Ansell Personal Lubricant, with just a little imagination, sexual activity can be even more fun and enjoyable, as well as comfortable and safe. This leaflet answers many of the questions asked about lubricants and offers a few tips for extra pleasure!!!



## What is a Personal Lubricant?

A Personal Lubricant is a water-based gel that is used to add moisture to personal parts of the body, such as the vagina, penis and anus.

## Why would a Personal Lubricant be used?

A Personal Lubricant is used to:

- ? Add moisture before and during sexual intercourse
- ? Increase sensitivity and comfort during sexual activity
- ? Massage the body
- ? Add variety to sexual activity
- ? Assist the easy and comfortable insertion of medications and personal products, such as pessaries, suppositories and tampons
- ? Gently insert suppositories and anal thermometers in children

## Is it normal for natural body moisture to vary from time to time?

YES.

At different times in a woman's life, the vagina can be naturally moist or dry.

During a normal menstrual cycle, a woman's vagina may be quite moist around the time of ovulation, and drier around the time of her menstrual period. This is quite normal and due to a change in the hormone levels in the blood.

A woman may also find her vagina to be dry:

- ? During pregnancy
- ? After the birth of a baby, and also when breastfeeding
- ? After menopause

Frequent sexual activity may also cause dryness of sexual body parts.

## **Why is dryness a problem?**

Sexual intercourse can be quite uncomfortable and even painful. Dryness can make it difficult to insert medications.

## **Why use a Personal Lubricant?**

Using a Personal Lubricant can make sexual activity more comfortable and enjoyable, and also greatly reduce the risk of a condom breaking. It also makes it easier to insert medications.

## **Is it safe to use Ansell Personal Lubricants with condoms?**

Yes.

The use of Ansell Personal Lubricant is strongly recommend when using condoms to increase pleasure and comfort and reduce the risk of condom breakage. Using a WATER BASED lubricant with condoms reduces friction, without affecting the strength of the condom.

## **What should not be used as Personal Lubricant!**

Oil based products such as Vaseline, Massage or Baby Oils and Aromatic Oils – should NOT be used as Personal Lubricants. Oil or petroleum based products can cause irritation to sensitive body tissue.

Oil based products should never be used with condoms as they will weaken the latex and may cause a condom to break.

Always check with a pharmacist if unsure about which products are safe to use. Water based lubricants are most gentle to the skin.

## **Is it OK to use Ansell Personal Lubricant during oral sex?**

Yes.

Ansell Personal Lubricant is made from naturally derived ingredients, is non-toxic, odourless and sweet tasting.

## **Can Ansell Personal Lubricant add fun to sexual activity?**



With a little flair and imagination, Ansell Personal Lubricant can be used to add spice to the occasion.

Try using Ansell Personal Lubricant:

- ? In foreplay, to make it more pleasurable
- ? To slowly massage sensitive body parts
- ? As part of an enjoyable ritual
- ? To break contact and prolong arousal

Using Ansell Personal Lubricant for “body sliding” can also be fun. Lubricant is applied to both bodies for “sliding around”. This is a safe activity, as long as there are no cuts or sores which could allow body fluids to pass from one person to another.

Masturbation, either solo or mutual, is more fun and much more comfortable with Ansell Personal Lubricant.

Also a drop of Ansell Personal Lubricant applied to the head of the penis, before putting a condom on, can increase stimulation during intercourse.

### **What is Ansell Personal Lubricant made up of?**

Ansell Personal Lubricant is about 80% Purified water. The other ingredients are:

- ? Glycerine – which is sweet tasting and keeps the moisture within the lubricant (ie, prevents evaporation or “drying up”).
- ? Vegetable Gum – which make the lubricant feel “slippery” and
- ? Potassium sorbate – which is an antibacterial/antifungal preservative commonly used in cosmetic and pharmaceutical products.
- ? Food flavour additives are used in the variety of flavoured products

All of these ingredients are approved for use in personal products, are gentle to the skin and can be used quite safely with condoms.

If any skin irritation is noted, wash the area with warm water and consult a doctor.

Ansell Personal Lubricant does not stain clothing, fabric or other materials.

### **Are Personal Lubricants a form of contraception?**

No.

Personal Lubricants are not a form of contraception, and do not prevent pregnancy or protect against STI's (sexually transmissible infections). Ansell Personal Lubricant does not contain spermicide. However, using Personal Lubricant with condoms during sexual activity can reduce the risk of condom breakage.

For people who are wanting to have a baby, using a personal lubricant during intercourse, may reduce the chance of becoming pregnant, as it may hinder the passage of sperm.

## **How to use Ansell Personal Lubricant**

For use during sexual activity, generous amounts of Ansell Personal Lubricant can be applied:

- ? To the outside of a condom, covering the erect penis
- ? Around the outside of the vagina, anus or penis
- ? On and around the clitoris

Be careful not to contaminate the contents of the lubricant pack. NEVER allow the tube to come into direct contact with the sexual body parts. Always dispense the lubricant in a hygienic way.

Ansell Personal Lubricant can be applied at any time, before and during sexual intercourse, to maximise comfort and enjoyment. So, always keep it in a handy and convenient place.

Before inserting medications:

- ? Apply a small amount of Ansell Personal Lubricant around the entrance of the vagina or anus
- ? If the medication comes with an applicator Ansell Personal Lubricant can be safely applied to the outside of the applicator
- ? A drop of Ansell Personal Lubricant placed directly around the medication or tampon can also make the insertion easier.