

Lubricant 101:

What You Need to Know



What is Lubricant?

Lubricant (*lube* for short) is a liquid or gel that can be used during sex to reduce friction & provide a more enjoyable experience.

How Do You Use Lubricant?

Apply the lubricant on the outside of the condom after putting it on. Adding more lube on the penis, vulva, or anus can prevent damage to the condom and reduce friction that might irritate or tear skin.



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What Are The Types of Lubricants?

	Contains	Compatible	Best used
Water-based	Water	Latex & Nonlatex options	Penetrative, anal, or masturbation
Silicone-based	Silicone	Latex & Polyurethane	Penetrative & anal sex
Oil-based	Plants & nuts	None	Masturbation

*Polyurethane: Non-latex option made from plastic rubber

*Polyisoprene: Non-latex option made from synthetic latex

Are Lubricants Safe to Use?

It is safe to use water-based or silicone lube with any type of condoms. To prevent skin irritation & damage to the condom, do not use oil-based lubes including lotion & Vaseline.

