

# LUBRICATION

WHEN TO USE AND WHY



ANAL SEX



LONG LASTING

practice safer sex. ALWAYS USE A CONDOM



Pasante®

# TYPES OF LUBRICANT



Personal lubricants or “lubes” come in 4 forms, water-based, silicone-based, hybrid and oil-based.

Water-based, silicone-based and hybrid lubes are usually fine to use with condoms and will not damage latex.

Oil-based lubes should not be used with condoms as these can cause damage to the condom. Always check the packaging to see if the lube is condom friendly.



Water-based lubes are the most popular and because they are water-based, they are easily absorbed and easier to clean off. This does mean however that the lubrication doesn't last as long and you may need to reapply at points.



Silicone-based lubes are very similar to water-based but are thinner and greasier. They're not as easy to clean up as the water-based lubes and can be messy.




# BEFORE YOU GET WET!

Check that both people are happy to introduce lube to foreplay or sex beforehand. Communication is key to heightening your pleasure!

When having sex always use a condom and if you choose to include some lube, make sure the condom is put on first and that the lube is water-based or silicone-based. Do not use oil-based lubes as these cause damage to condoms.

Always check the packaging to make sure that the lube is safe to use with condoms.





## DO NOT USE WITH CONDOMS

-  Baby Oil
  -  Bath Oil
  -  Body Lotion
  -  Petroleum Jelly
  -  Cocoa Butter
  -  Coconut Oil
  -  Hand Cream
  -  Sun Cream
  -  Massage Oil
  -  Olive Oil
  -  Liquid Soap
  -  Hand Sanitiser
  -  Other oil-based products
- 



# ANAL SEX

Anal sex is no longer the taboo of the past, but can be a daunting experience for those that are inexperienced.

It's super important that both partners consent. Using lube is a must and will not only make it a lot more comfortable, but also pleasurable for both people.

Also to prevent the transmission of STIs, always use a condom.

- 💧 **Foreplay:** Being aroused first means you're more relaxed, making it more enjoyable for both partners.
- 💧 **Take it slow:** Starting small is the best approach.
- 💧 **Be vocal:** If something feels uncomfortable, say it out loud. Communication is the key to enjoyment.





# CONTRACEPTION

Condoms and lubrication are available for free in the UK through the NHS.

Places where you can get free contraception include GP surgeries, Sexual Health / GUM clinics and young people's services.

For more information on these, please see the contacts overleaf.



Useful Contacts:

[www.nhs.uk](http://www.nhs.uk)

[www.fpa.org.uk](http://www.fpa.org.uk)

[www.brook.org.uk](http://www.brook.org.uk)

[www.tht.org.uk](http://www.tht.org.uk)

**National Sexual Health Helpline**  
**0300 123 7123**

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NHS.uk & Fpa.org.uk in August 2017



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