



Vaginal Moisturizers for Menopause

What are vaginal moisturizers?

- Vaginal moisturizers are non-hormonal therapies that can help with vaginal dryness and painful sexual intercourse.

What is the difference between a vaginal moisturizer and a lubricant?

- Vaginal moisturizers allow the vaginal tissues to retain moisture. They keep the vaginal lining moist and also help adjust the acidity of the vagina. Vaginal moisturizers are used regularly.
- Lubricants reduce friction and discomfort from vaginal dryness during intercourse and are therefore applied, just before intercourse. These are preferred for short-term use.

What ingredients do vaginal moisturizers contain?

- Vaginal moisturizers can be formulated with a variety of different ingredients such as:
 - ✓ Polycarbophil gel (ie. Replens®- shown to be as effective as hormone therapy for improvement in painful intercourse and vaginal dryness)
 - ✓ Hyaluronic acid (hydrates the vaginal tissue by drawing and retaining moisture)
 - ✓ Other: vitamin E, aloe vera

How often can I use vaginal moisturizers?

- Vaginal moisturizers are used on a regular basis (average 2-3 times/week) or every 3 days. *[Refer to table on the next page for product-based recommendations]*
- Vaginal moisturizers need to be used regularly to retain moisture.

Are vaginal moisturizers a suitable option for me?

- Vaginal moisturizers are reasonable options:
 - ✓ if you have a personal preference for non-hormonal based products OR hormone therapy is not a feasible option for you
 - ✓ experiencing symptoms such as vaginal dryness, uncomfortable or painful sexual activity due to vaginal dryness

How long should I use these products to notice improvement?

- It is generally recommended to try a vaginal moisturizer regularly for at least 2-3 weeks to notice an improvement in your symptoms.
- It may take up to 12 weeks to obtain the full benefit of the product.

What are the different options available?

- To help you with choosing a product, refer to the information provided in the table on the different vaginal moisturizer products available



Product 	Active Moisturizing Ingredient	Accessibility	Cost**	How to Use/Dosing	Comments
polycarbophil					
Replens ®	<i>Polycarbophil gel</i>	Over-the-counter product (pharmacies)	<\$20	Apply 2-3 times weekly	*Compatible with latex, polyisoprene, and polyurethane condoms *Fragrance-free
hyaluronic acid					
Zestica Moisture ®	<i>Hyaluronic acid</i>	Over-the-counter product (pharmacies)	\$40-\$60	Insert applicatorful daily for 5 days, then insert 2-3 times weekly as required	*Compatible with latex or polyurethane condoms *Fragrance-free
Repagyn ® (Ovules)	<i>Hyaluronic acid</i>	Behind the counter (pharmacies) <i>*No prescription required*</i>	\$30-\$35	Recommended to insert one ovule in the vagina daily, preferably at bedtime for at least 2-3 weeks	It is not recommended to use Repagyn ® in combination with other vaginal medications or devices (ie. condoms) without consulting your healthcare provider
Gynatrof ® gel	<i>Hyaluronic acid & Vitamin E</i>	Over-the-counter product (pharmacies)	\$30-\$40	Insert applicator once daily for 7 days, then 2 times/week or every 3 days as needed	*Compatible with latex condoms *Fragrance-free
Cleo ® labial moisturizing cream	<i>Hyaluronic acid & Vitamin E</i>	Over-the-counter product (pharmacies)	\$20-\$30	Apply to vulvar and labial regions every 3 days as needed	*Contains kokum butter, cocoa butter, sea buckthorn extract, shea oil *Do not use with latex condoms

Mae ® vaginal suppository	<i>Hyaluronic acid & Vitamin E</i>	Over-the-counter product (pharmacies)	\$40-\$60	Insert 1 ovule in the vagina daily at bedtime every 3 days as needed	*Contains kokum butter, cocoa butter, sea buckthorn extract, sucrose *Do not use with latex condoms
other					
K-Y Silk E Moisturizer®	<i>Aloe & Vitamin E</i>	Over-the-counter product (pharmacies)	\$10-\$15	Apply to vagina every 3 days as needed	*Compatible with latex condoms

**Recommend patch test of the products on a small amount of skin for 24 hours before using them*

***Approximate cost per packaging*

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