

Information on Vaginal Dilators and Lubricants

Following Radiation Therapy to the Pelvis

This Nova Scotia resource provides some examples of dilators and lubricants that can be used for vaginal dilation after pelvic radiation. Please refer to the booklet “Use of Vaginal Dilators Following Radiation Therapy to the Pelvis” for more information.

Examples of Sets of Dilators

- Calxotics Dilator Kit. Set of 5. Made of silicone. Do not use with a silicone lubricant. Size 1 is the smallest and size 5 the largest. Size 4 is usually large enough for most people having a pelvic exam with a regular speculum. Size 3 may be large enough for a pediatric speculum. (When going for your pelvic exam, tell your doctor or nurse practitioner if your vagina is only large enough for a pediatric speculum).

Available at the Victoria General Shoppers Drug Mart in Halifax, Venus Envy or on-line.

- Berman Dilators. Set of 4. Made of plastic. Vibration option. One handle fits all four sizes. Size 1 the smallest dilator and size 4 the largest. Size 2 is usually large enough for a pediatric speculum and size 3 for a regular size speculum. Make sure you thoroughly wash the handle where the handle attaches to the dilator.

Available at the Victoria General Shoppers Drug Mart in Halifax, Venus Envy or on-line.

- Vaginismus Vaginal Dilator Set. Set of 6. Made of plastic. One handle fits all six sizes. Make sure you thoroughly wash the handle where the dilator attaches to the dilator.

Available on-line at Vaginismus.com

- Adore U Wellness Dilator Set. Set of 4. Made of silicone. Do not use with a silicone lubricant. These dilators are for people who have reached a middle size and are finding it challenging to move to a larger dilator. These dilators are for those who need to move up in size in very small amounts.

Available at Venus Envy or on-line

Examples of Individual Dilators

- Calxotics Pearlescence Vibe. Made of plastic. Vibration option. This size dilator is probably large enough for a pelvic exam with a pediatric (small) size speculum. (When going for your pelvic exam, tell your doctor or nurse practitioner if your vagina is only large enough for a pediatric speculum). (This dilator is known by Venus Envy as the ‘Mini Smoothie’).

Available at Victoria General Shoppers Drug Mart in Halifax, Venus Envy or on-line.

- Gaia. Made of plastic. Vibration option. This size dilator is probably large enough for a pelvic exam with a regular speculum.

Available at Victoria General Shoppers Drug Mart in Halifax, Venus Envy or on-line.

- Velvet Touch. Made of plastic. Vibration option. Slightly larger than Gaia (above). This size dilator is probably large enough for a pelvic exam with a regular speculum.

Available at Victoria General Shoppers Drug Mart in Halifax, Venus Envy Halifax, or on-line.

For many more choices, search ‘vaginal dilators’ or ‘dildos’ on-line. On Amazon, dilators are under the ‘Health and Personal Care’ section. Try websites such as ‘Soul Source vaginal dilators,’ or Intimate Rose vaginal dilators for other options. These two sites offer dilators that are more expensive but provide detail of sizing.

Examples of Vaginal Lubricants

- › Slippery Stuff. Water-based. Paraben and glycerin (sugar) free.
Available at Victoria General Shoppers Drug Mart in Halifax, Venus Envy or on-line.
- › Sliquid Oceanic. Water-based. Paraben and glycerin (sugar) free.
Available at Victoria General Shoppers Drug Mart, Venus Envy or on-line.
- › Sliquid Soul. Oil-based. Natural, organic.
Available at Victoria General Shoppers Drug Mart, Venus Envy or on-line.
- › Navy Swiss. Silicone-based.

Remember: Don’t use a silicone dilator with a silicone lubricant (it will disintegrate the dilator). Available at Venus Envy or on-line.

There are many water-based, oil-based and silicone-based lubricants available. We have listed examples of lower cost lubricants. Search ‘vaginal lubricants’ on-line for more choices.

Sex shops carry a large variety of water-based, and some oil-based and silicone lubricants. If choosing a water-based lubricant, choose one that is paraben and glycerin-free.

The large box stores (for example Sobey’s, Super Store, Wal-Mart) often carry water-based lubricants that contain a lot of glycerin.

Venus Envy is a sex shop in Halifax. The store stocks all the items mentioned on this information sheet as well as many more. The store is located at 1598 Barrington St, Halifax. The website displays many products www.venusenvy.com. You can order online or by phone. Phone orders are available at Venus Envy and items arrive at your door in unmarked packaging. (902-422-0004).

Items described here are not available in other Shoppers Drug Mart locations, only the VG hospital location.

Need help?

If you are having trouble dilating (especially if it is after 8 weeks since finishing your radiation), if you need guidance, or can’t find the right dilators or lubricants, contact the radiation nurse or radiation therapist in the radiation department where you received your treatment. You may need to leave a message and we will return your call as soon as possible:

- Halifax, please call 902-473-6067
- Cape Breton, please call 902-567-8100

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Nova Scotia Health
www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.