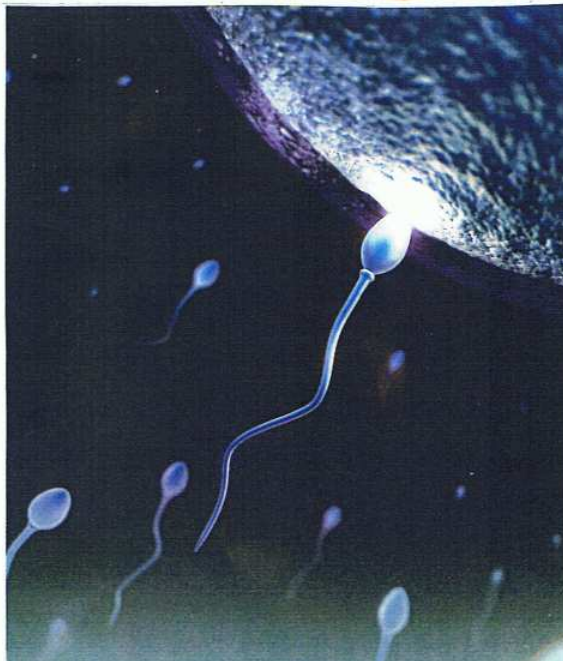


# PharmacyToday

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## Lubricants & fertility

Studies have suggested up to 75% of couples trying to conceive, experience vaginal dryness due to fertility medications and/or "sex on demand" at ovulation.

However, research has shown some well known, commercially available lubricants can damage sperm function and should not be recommended for couples trying to conceive.

There is an emerging body of research that says standard personal lubricants are not only detrimental to sperm, but may also affect fertilisation and are therefore contraindicated for couples trying to conceive, Cassandra Dodds, director of Pre-Seed distributor, New Zealand Medical Supplies, says.

"It is our belief that in light of these findings, health professionals have a responsibility to inform their patients of the risks of using commonly available personal lubricants when trying to conceive."

Ms Dodds says 100 pharmacies were visited from around the central North Island.

"Sadly we found most were completely unaware of the contraindications of personal lubricants," she says.

"We have also found this confusion around lubricant safety extends to general practitioners."

Ms Dodds says the visited pharmacies have been sent packs including a comprehensive scientific review on "fertility-friendly" vaginal lubricant.

"We have had shelf wobblers and shelf sitters manufactured for pharmacists to display on their shelves to advise women who are trying to conceive to speak to the pharmacist prior to choosing a lubricant, as we believe this may be a way in which we can encourage pharmacies to educate their customers."

Those wanting to find out more can log onto: [www.preseed.co.nz](http://www.preseed.co.nz)