



What You Need to Know About Vibrators

This handout offers information on vibrators. A vibrator is a device used to stimulate your genital organs for sexual arousal or pleasure. It can be used on erogenous zones (body parts sensitive to sexual touch or stimulation), such as the clitoris, vulva, vagina, penis, scrotum, or anus.

Cancer and cancer treatment can:

- Affect your relationships, body image and sexual intimacy.
- Change the way you feel and respond to sexual touch.
- Cause emotional and physical changes affecting your sexual health.
- Cause you to lose your sexual desire.

You may have lost sexual desire if:

- You are not interested in participating in intimate or sexual activity.
- Your partner is always the one to start intimate or sexual activity.

The benefits of using a vibrator

Using a vibrator can:

- Help improve your sexual desire.
- Increase blood flow to your genital area and the arousal of your genital organs.
- Increase the amount of your natural lubrication during sexual activity.
- Make orgasm easier to achieve and allows multiple orgasms to occur.
- Help you understand your sexual preferences.
- Reduce leakage of your urine (if this a problem for you).

What to consider when buying a vibrator

Choosing a vibrator that is right for you may depend on what it offers. This may include:

- Shape
- Size
- Settings and intensity
- What it is made of
- How it can be used (example: internally and/or externally)
- The type of power source (example: battery or rechargeable battery)
- Optional attachments included
- Option of using it in water
- Cost

You may also want to consider:

- Your previous experience with a vibrator (if you have any).
- Your feelings about using a vibrator.
- Recommendations from your healthcare team.

You may choose to include your partner in this decision.

Where to purchase a vibrator

Not all vibrators are the same quality. You may want to visit local sex stores and talk to the experts about the options. Vibrators can also be purchased online. The companies listed below have a reputation of offering good quality vibrators.

This list is for information only. Lakeridge Health/Durham Regional Cancer Centre does not represent or support any organization or individual on this list.

Company name	Website
Come As You Are	comeasyouare.com
LELO	LELO.com
Good for Her	goodforher.com
Maude	getmaude.com

Using a vibrator on female genital organs

Read the instructions included with the vibrator you purchased. This includes information on battery use, option of using the vibrator in water and how to clean it. Get to know the vibrator by feeling the shape, and size and testing the different settings on your hand before you place it onto or into your genitalia.

The vibrator can be placed into your vagina and onto your clitoris, vulva, and other sensitive areas. Try different positions and intensities to see if feelings of sexual arousal or pleasure occur. Start on the lowest setting as it may take time for you to get used to the intensity of the vibrator.

Focus your attention on any feelings of arousal or pleasure you experience. Closing your eyes can help you to focus.

Some women like clitoral stimulation while others prefer placing the vibrator over the rest of the vulva or into the vagina. Stop using the vibrator if you have any pain.

You may experience pain or discomfort because:

- There is not enough lubrication.
- Of the size of the vibrator
- Of the intensity of the settings (suction or vibration)

Use water-based lubricants to reduce pain and discomfort and increase sexual pleasure. Do not use silicone-based lubricants as they may damage the vibrator. Wash and dry the vibrator after each time you use it. Follow the instructions included with your vibrator.

You may feel unsure of using a vibrator during intimate or sexual activity. Studies have shown that using a vibrator improves the overall sexual health of both men and women. You may choose to use a vibrator on your own or with a partner.

Talk to the social worker or nurse practitioner from the WISH Clinic if you have questions or do not understand any information in this handout.

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