Vaginal inserts/accommodators (Often called dilators) – Purchasing information

Below are recommendations for inserts and where they can be purchased. Note: availability and cost may vary as retailers regularly update their inventory. If you find inserts from a retailer not listed (e.g. Amazon), that's okay!

Tips for selecting an appropriate set of inserts.

- Inserts can be made out of a variety of different materials – paraffin wax, silicone, hard plastic, (metal). The material you pick is mainly based on personal preference.
    - Note: Inserts made of paraffin wax and hard plastic are more rigid compared to the silicone inserts.
- Recommendation for **number of inserts**: You will want to buy a set of at least 4 sizes unless told otherwise.
    - Why? Having a set of **4+ sizes** equates to a gradual increase in diameter versus big (scary!) jumps
- Recommendation for **shape**: Straight inserts with a slight tapering and rounded tip.
- Recommendation for **length**: Either inserts that are all a 'long' length or a set that increases in length with diameter.
    - Why? If pain is superficial, most of the difficulty with insertion occurs with the first ½ of insert's length. Despite this, it can be intimidating inserting something the full length of the vaginal canal. Having the experience of minimal to no pain with full insertion can be a confidence boost! In addition, if your inserts are quite tapered, then the diameter will be different at the tip of the insert versus the 1/2-way point – this could be misleading in terms of what diameter you are comfortable tolerating.
- Recommendation for **size**:
    - In most cases, you'll want to start with a size that is approximately the same diameter as 1 finger (e.g. index finger). From your assessment, a larger starting size may be recommended.
    - In terms of the largest size, you do not necessarily need to work up to the same size as a partner (assuming this is part of your goals). However, being able to insert something the same size or slightly larger can be very affirming in terms of feeling ready to successfully meet your goals!
    - **General: Smallest size = 0.5 inches in diameter; Largest size = 1.5-2 inches in diameter**.

What about dildos and vibrators?

- These may work depending on the size(s). Initially, incorporating your inserts with arousal or during intimacy may not be recommended. If this is the case, you would use them with the vibration setting turned off.

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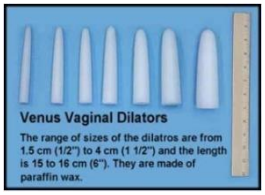
Vaginal Inserts/Accommodators Options Information				
Laurel Prescriptions	https://laurelprescriptions.com/	888 W.8th Avenue, Vancouver, BC. T: 604-873-5511		(CAD pricing) $60.00 Paraffin wax
Womyns' Ware	https://womynsware.com/	896 Commercial Dr, @ Venables, Vancouver, BC T: 604-254-2543	 	Deluxe Silicone Dilators (CAD pricing) Set of 5: $149.00 Silicone Fuze (CAD pricing) Individual sizes: $24.00-$77.00 Silicone
The Art of Loving	https://www.artofloving.ca/	369 W Broadway, Vancouver, BC T: 604-742-9988		Fuze (CAD pricing) Individual sizes: $20.95-$49.95 Silicone
Bodyotics (Online, USA)	https://bodyotics.com/products/vaginal-dilator	Online, USA		(USA pricing) Set of 5: $59.90 Silicone
Come As You Are (Online, Canada)	https://www.comeasyouare.com/products/fuze-step-dilators-5-pack-with-vibe	Online, Canada		Fuze (CAD pricing) Individual sizes: $20.00-57.00 Silicone

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				Intimate Rose (CAD pricing) Individual sizes: $24.00-$650.00 Silicone
Urology Health Store (Online, Canada)	https://urologyhealthstore.ca/collections/vaginal-dilator	Online, Canada		Intimate Rose (CAD pricing) Set of 8: $228.00 Sets of 4: $100.00-$151.00 Individual sizes: $18.99-$50.99 Silicone
Intimate Rose (Online, USA)	https://www.intimaterose.com/collections/vaginal-dilators	Online (USA pricing)		(USA pricing) Set of 8: $189.99 (full set) Sets of 4: $89.99-$129.99 Individual sizes: $16.00-$44.99 Silicone
Soul Source (Online, USA)	https://www.soulsource.com/collections/silicone-vaginal-dilators	Online (USA pricing)		(USA pricing) Set of 8: $209.99 Sets of 4: $78.99-$139.99 Individual sizes: $17.99-$54.00 Silicone
Others you may come across		Dr. Berman Dilator Set Hard plastic		Hope & Her Hard plastic
			Curved inserts Not usually recommended	

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