

Vaginal Estrogen Use

Use of a Vaginal Estrogen Product (cream, tablet, ampule, ring, pill or suppository) is a LOCAL and TOPICAL therapy. There is no significant SYSTEMIC (whole body) absorption with consistent use. Unlike Systemic (whole body) Hormone Replacement, there is NO significant risk of cancer or blood clotting issues with the use of Vaginal Hormones. This allows us to use, when indicated, vaginal hormone products in women with a history of breast cancer. Please call the office with any questions or concerns.

Vaginal Estrogen Product use is the main way to prevent Urinary Tract Infections in postmenopausal women.

It is important that the vaginal estrogen product address BOTH the vaginal opening and the vaginal canal.

- We will typically call in generic Estrace (Estradiol) Cream. GoodRx.com coupons can markedly reduce your copay.
- If this formula is not covered or does not work for you, we are happy to try the other modalities (vaginal tablet, ampule, ring and oral pill).

Instructions for Use for Vaginal Estradiol Cream:

- Use ½ ¾ 1 gram cream vaginally TWICE a week before bedtime
- Use the APPLICATOR to insert, to ensure you reach the top of the vaginal canal
- Apply a little cream to the OUTSIDE of the applicator, to coat the vaginal opening with insertion
- Food grade coconut oil is safe to use in and around the vagina as needed for dryness and as a lubricant
- If the vaginal estrogen STINGS when you apply it, you can apply some food grade coconut oil to the vaginal canal prior to the estrogen insertion.

Alternative:

- Prasterone (Intrarosa) is a 6.5 mg vaginal suppository that you use NIGHTLY. It is a PRECURSOR to estrogen that gets converted locally, in the vaginal canal, to estrogen and testosterone. There is minimal systemic absorption.

Vaginal Hormone Products take about 6 weeks to be effective. You have to keep using them to maintain the benefits. This is a lifelong therapy.