



ADULT



# ESTROGEN (OESTROGEN) - VAGINAL

This document should be read in conjunction with this [DISCLAIMER](#)

<p><b>Presentation</b></p>	<p>Estradiol Pessary (Vagiem Low®): 10 microgram Estriol Vaginal Cream (Ovestin Vaginal®): 1mg/g (0.1%) Estriol Pessary (Ovestin Ovula®): 500 microgram</p>
<p><b>Dose</b></p>	<p><b><u>Vulvar Dynia</u></b> <b>Vaginal Estriol Cream:</b> <i>NB: If there is a history of breast cancer, consults with the patient's oncologist. If there is a history of a thromboembolic condition, consult with their haematologist.</i> Apply a tiny smear to the vaginal introitus TWICE each day for 6 to 9 months <b>Vaginal Estradiol Pessary:</b> <i>Can be used in addition to estriol cream if needed</i> ONE pessary (10microg) twice weekly (every 3-4 days)for 3 to 6 months</p> <p><b><u>Atrophic Vaginitis</u></b> <b>Vaginal Estradiol Pessary:</b> ONE pessary (10microg) twice weekly (every 3-4 days) for at least 6 months <b>Vaginal Estriol Cream:</b> ONE applicatorful of cream (0.5g) twice weekly (every 3-4 days) for at least 6 months</p> <p><b><u>Menopausal Symptoms, Vaginal Dryness (After Breast Cancer)</u></b> <b>Vaginal Estradiol Pessary:</b> <i>Loading dose:</i> ONE pessary (10microg) once daily for two weeks <i>Maintenance dose:</i> ONE pessary (10microg) twice weekly (every 3-4 days) <b>Vaginal Estriol Cream:</b> <i>Loading dose:</i> ONE applicatorful (0.5g) once daily for two to three weeks <i>Maintenance dose:</i> ONE applicatorful (0.5g) twice weekly (every 3-4 days) <b>Vaginal Estriol Pessary:</b> <i>Loading dose:</i> ONE pessary (500microg) once daily for two to three weeks <i>Maintenance dose:</i> ONE pessary (500microg) twice weekly (every 3-4 days)</p>

	<p><b><u>Pre-Surgery</u></b></p> <p><b>Vaginal Estradiol Pessary:</b> ONE pessary (10microg) once daily for two weeks before surgery</p> <p><b>Vaginal Estriol Cream Pessary:</b> ONE applicatorful (0.5g) once daily for two weeks before surgery</p> <p><b>Vaginal Estriol Pessary:</b> ONE pessary (500microg) once daily for two weeks before surgery</p>
<b>Administration</b>	<p><b><u>Estradiol Vaginal Pessary (Vagifem Low®)</u></b></p> <p>Use before bed. Wash hands well before and after use. Tear off a single unit from the pack. Lie down and lift knees to chest as comfortable. Open the strip at the plunger end and insert the applicator carefully into the vagina, stopping when resistance is felt (8-10cm). Gently press the plunger to release the pessary (a click will be felt). The pessary will stick to the wall of the vagina. Remove the applicator from the vagina and dispose.</p> <p><b><u>Estriol Vaginal Cream (Ovestin Vaginal®)</u></b></p> <p>Use before bed. Wash hands well before and after use. Break seal on tube using sharp point of the cap. Screw the end of the applicator onto the tube (ensure plunger is fully inserted into the barrel). Squeeze tube slowly to fill applicator to the red ring. Detach and cap the tube. Lie down and lift knees to chest as comfortable. Insert the applicator deep into the vagina and slowly push the plunger all the way to insert the cream. Remove applicator. Pull the plunger from the barrel to wash both parts in warm (not hot or boiling) soapy water (do not use detergents). Rinse well and dry. Reassemble for next use.</p> <p><b><u>Estriol Vaginal Pessary (Ovestin Ovula®)</u></b></p> <p>Use before bed. Wash hands well before and after use. Remove one pessary from its wrapper. Lie down and lift knees to chest as comfortable. Insert pessary, using finger, deeply into the vagina.</p>
<b>Pregnancy</b>	<p><b>1<sup>st</sup> Trimester:</b> Contraindicated (Estradiol); Consider alternative (Estriol)</p> <p><b>2<sup>nd</sup> Trimester:</b> Contraindicated</p> <p><b>3<sup>rd</sup> Trimester:</b> Contraindicated</p>
<b>Breastfeeding</b>	Consider alternative
<b>Clinical guidelines and Policies</b>	<p><a href="#">Gynaecology (Non-Oncological)</a></p> <p><a href="#">Menopausal symptom management</a></p> <p><a href="#">Management of Menopausal Symptoms after Breast cancer-Vaginal Dryness</a></p> <p><a href="#">Sexually Transmitted Infections (STI)</a></p>

<b>References</b>	<p>Australian Medicines Handbook. Estrogen. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 September 14]. Available from: <a href="https://amhonline.amh.net.au/">https://amhonline.amh.net.au/</a></p> <p>Australian Medicines Handbook. Estriol. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 September 14]. Available from: <a href="https://amhonline.amh.net.au/">https://amhonline.amh.net.au/</a></p> <p>MIMS Australia. Vagifem Low. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2017 Sept 12]. Available from: <a href="https://www.mimsonline.com.au">https://www.mimsonline.com.au</a></p> <p>MIMS Australia. Ovestin Vaginal. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2017 Sept 12]. Available from: <a href="https://www.mimsonline.com.au">https://www.mimsonline.com.au</a></p> <p>MIMS Australia. Ovestin Ovula. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2017 Sept 12]. Available from: <a href="https://www.mimsonline.com.au">https://www.mimsonline.com.au</a></p> <p>The Royal Women's Hospital. Oestradiol. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2017 Sept 12]. Available from: <a href="https://thewomenspbmg.org.au/">https://thewomenspbmg.org.au/</a></p> <p>The Royal Women's Hospital. Estriol. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2017 Sept 12]. Available from: <a href="https://thewomenspbmg.org.au/">https://thewomenspbmg.org.au/</a></p>
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