

This information is intended for patients who have already been prescribed Estriol 0.01% cream by their treating physician and is intended to be printed by a Healthcare Professional for a patient.

A guide for patients prescribed Estriol 0.01% cream

It has been estimated that 4-5 years after the menopause, around 25-50% of women experience symptoms due to atrophic vaginitis.

Why is it prescribed?

Estriol is a hormone known as an oestrogen. It belongs to a group of medicines called hormone replacement therapy. Estriol 0.01% cream is used for vaginal problems caused by a lack of the hormone oestrogen.

- Vaginal dryness or itching
- Uncomfortable or painful sexual intercourse

Estriol 0.01% cream replaces the hormone oestrogen in the vaginal area when your body is not producing enough.

How to use

Estriol 0.01% cream comes with a plastic applicator that you screw on to the tube.

It will help you to put the right amount into your vagina.

How to apply the cream

- 1 Remove the cap from the tube. Use the top of the cap to pierce the metal seal on the tube
- 2 One end of the applicator has a plunger. Screw the other end of the applicator onto the tube
- 3 Squeeze the tube so that the applicator barrel is completely filled with cream. This will push the plunger out
- 4 Unscrew the filled applicator and replace the cap on the tube
- 5 Lie down with your knees bent and spread apart
- 6 Gently insert the open end of the applicator well into your vagina
- 7 Push the plunger firmly but gently. Empty the cream into your vagina by pushing the plunger as far as it will go
- 8 Keep the plunger firmly pressed down. Grip the applicator by the barrel and remove the empty applicator
- 9 Wash your hands afterwards
- 10 Use a sanitary towel to stop your clothes getting stained

Cleaning the applicator (after each use)

- Pull the plunger out of the barrel with a sharp tug
- Clean with mild soap and warm water (not boiling water)
- Rinse well

Putting the applicator back together

- Put the tip of the plunger back into the barrel and push the plunger firmly

If you lose or break your applicator you can get a new one from the pharmacist.

Ask for the Estriol 0.01% cream vaginal applicator.

This material has been developed as a service to medicine by Marlborough Pharmaceuticals Ltd.

Reporting of Adverse Events

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.