

Summary

An overview of the different types of vulvovaginal conditions has been given. Many vulvar conditions must be considered when a patient complains of discharge and itching. It is important to remember that **IF THE TREATMENT ISN'T WORKING, RECONSIDER THE DIAGNOSIS.**

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Prescriptions for Vulvar Diseases

Pain Medications

Xylocaine

5% Xylocaine ointment
sig: apply to vulva prn
Disp: 35 grams

Amitriptyline

Initial Amitriptyline prescription:

Amitriptyline HCL 25 mg

Sig: 1 po qhs x 1 week; If sxs persist, 2 po qhs x 1 wk, if sxs persist, 3 po qhs x 1 wk; if sxs persist, 4 po qhs. Maintain nightly dose that relieves symptoms (Not to exceed 4 po qhs) Do not stop suddenly

Start at 10 mg in patients age 60 or older; increase by 10 mg weekly

Future Amitriptyline prescriptions

Amitriptyline HCL ____mg

Sig: i po qhs (comes in 10 mg, 25 mg, 50 mg, 75 mg, 100 mg and 150 mg tablets)

Neurontin

Neurontin (gabapentin)

Sig: 300 mg po qd x 3 days; if sxs persist, 300 mg po bid x 3 days; if symptoms persist, 300 mg po tid. Stay on this dose for a month and increase gradually if needed.

It comes in 100, 300, 400, 600 and 800 mg doses

Do not exceed 2700 to 3600 mg total dose per day

Gabapentin ointment 3%

Sig: apply to affected area bid-tid
Disp: 3 month supply
(Occasionally a 6% concentration is made. It has also been mixed with topical xylocaine ointment)

Blocks

Bupivacaine (0.25% or 0.5%) and Kenalog
Draw up Kenalog first (40 mg /cc®) (can use up to 40 mg steroid in single dose per week) Combine with Bupivacaine (large area use 0.25%; small area use 0.5%)
Inject into specific area or use as a pudendal block
Can be repeated weekly

Medications for localized pain or itching

Zonalon 5 % cream

Sig: apply to skin q d with gradual increase not to exceed qid

Disp:30 gms

Topical Elavil®2% with Baclofen 2% in WWB- squirt ½ cc from syringe onto finger and apply to affected area q d to tid

Disp: 30 day supply

Yeast medications

Fluconazole 150 mg

Sig: 1 po 2x/week x 1 week, then 1 po q week for up to 6 months (If using for longer than 6 months, check LFT's) Do not use with active liver disease.

5 flucystosine 500 mg/5 grams compounded
in hydrophilic cream base

-Insert 5 gram per vagina qhs x 14 days

Boric acid- fill 0-gel capsule halfway (600 mg)

To treat active yeast infection -Insert per vagina nightly for 14 days

For prevention of yeast -Insert per vagina twice weekly Keep out of reach of children

Gentian violet- 0.25% or 0.5% aqueous solution
applied at home daily or it may be given in
the office as a 1.0% solution (once weekly for
up to three times).

Medications for Lichen planus

Anusol HC suppository

1/2 of a 25 mg suppository per vagina bid x 2 months

Decrease to qd x 2 months

Maintenance therapy of 1 - 3 x per week

Tacrolimus

For oral Lichen planus: Tacrolimus 0.1% in orabase Sig: apply to mouth bid Disp 50 gms	For vaginal lichen planus Tacrolimus 0.1% vaginal suppositories Insert one supp per vagina (2 mg tacrolimus per 2 gm supp) qhs Disp 50	For vulvar Lichen planus Tacrolimus 0.1% Ointment Sig: apply to skin bid Available in 30 or 60 gram tubes
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Folliculitis

Emgel 2% topical gel (erythromycin)
Sig: apply to skin bid
Available in 27 or 50 gram bottles

Desquamative vaginitis

Hydrocortisone 100 mg/gram in clindamycin 2% emollient cream base
Insert 5 gram (applicator full) q.o.d. x 14 doses

Steroid medications

Clobetasol propionate ointment 0.05% Sig: apply to vulva bid x 1 month, then qd x 2 months Disp: 30 gms	Triamcinolone acetonide ointment 0.1% Sig: apply to vulva qd to bid Disp: 80 gms Consider decreasing gradually to Triamcinolone acetonide ointment 0.025% qd to bid
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Table 1. Potency Ranking of Some Commonly Used Topical Corticosteroids

Class	U.S. Brand Name	Generic name
Super-high Potency I Temovate® Cream or Ointment is more potent than Diprolene® Cream or Ointment and Psorcon® Ointment	Temovate® Cream, 0.05% Temovate® Ointment, 0.05% Temovate® E, 0.05% Diprolene® Cream, 0.05% Diprolene® Ointment, 0.05% Diprolene® AF Cream, 0.05% Psorcon® Ointment, 0.05% Ultravate® Cream, 0.05% Ultravate® Ointment, 0.05%	clobetasol propionate clobetasol propionate clobetasol propionate betamethasone dipropionate betamethasone dipropionate betamethasone dipropionate diflorasone diacetate halobetasol propionate halobetasol propionate
II	Cyclocort® Cream, 0.1% Cyclocort® Ointment, 0.1% Diprosone® Ointment, 0.05% Florone® Ointment 0.05% Lidex® Cream, 0.05% Lidex® Ointment, 0.05% Lidex-E® Cream, 0.05% Maxiflor® Ointment, 0.05% Maxivate®, Ointment 0.05% Topicort® Cream, 0.25% Topicort® Ointment, 0.25%	amcinonide amcinonide betamethasone dipropionate diflorasone diacetate fluocinonide fluocinonide fluocinonide diflorasone diacetate betamethasone dipropionate desoximetasone desoximetasone
III	Aristocort A® Cream 0.5% Cutivate® Ointment, 0.05% Diprosone® Cream, 0.05% Elocon® Ointment 0.1% Florone® Cream, 0.05% Maxiflor® Cream, 0.05% Maxivate® Cream, 0.05% Valisone® Ointment, 0.1%	triamcinolone acetonide fluticasone propionate betamethasone dipropionate mometasone furoate diflorasone diacetate diflorasone diacetate betamethasone dipropionate betamethasone valerate
IV	Aristocort® Ointment, 0.1% Cordran® Ointment, 0.05% Elocon® Cream, 0.1% Kenalog® Ointment, 0.1% Synalar® Ointment, 0.025% Topicort LP® Cream, 0.05%	triamcinolone acetonide flurandrenolide mometasone furoate triamcinolone acetonide fluocinolone acetonide desoximetasone
V	Aristocort® Cream, 0.1% Cordran® Cream, 0.05% Cutivate® Cream, 0.05% Dermatop® Emollient cream, 0.05% Kenalog® Cream, 0.1% Locoid® Cream, 0.1% Synalar® Cream, 0.025% Valisone® Cream, 0.1% Uticort® Cream 0.025% Westcort® Cream, 0.2% Westcort® Ointment, 0.2%	triamcinolone acetonide flurandrenolide fluticasone propionate prednicarbate triamcinolone acetonide hydrocortisone butyrate fluocinolone acetonide betamethasone valerate betamethasone benzoate hydrocortisone valerate hydrocortisone valerate
VI	Aclovate® Cream, 0.05% Aclovate® Ointment, 0.05% Tridesilon® Cream, 0.05%	alclometasone dipropionate alclometasone dipropionate desonide
VII Low Potency	Numerous preparations exist	Dexamethasone, flumethalone, hydrocortisone Methylprednisolone, prednisolone

