



Instructions for use of Estrogen vaginal cream

What is Estrogen vaginal cream?

Estrogen is a female hormone which controls many processes in the female body. During menopause, estrogen production slows down and then stops. Estrogen vaginal cream is supplied as a brand name of either Estrace® or Premarin®.

What is Estrogen cream used for?

Estrogen vaginal cream is used to decrease menopause symptoms such as vaginal dryness, burning, and itching of the vaginal area. It also may reduce symptoms of urinary urgency and irritation with urination.

How do I apply the Estrogen cream?

Estrogen cream comes in a tube with an applicator. The applicator is used to insert the cream into your vagina. Your doctor will tell you how often to use the cream. Generally you will use the cream daily for several weeks and then decrease use to 3 times a week. It is best to use at bedtime so that there is less leakage of the cream. The packaging will have specific instructions for applying the cream and pictures to help you locate the vagina. General instructions are as follows:

- Wash your hands with warm water and soap.
- Remove the cap from the tube and attach the end of the applicator onto the tube.
- Squeeze from the bottom of the tube to get the prescribed amount of cream into the applicator. Use the measurement markings on the applicator to make sure you have the correct dose.
- Remove the applicator from the tube.
- Locate the opening to your vagina.

- Insert the applicator into the vagina (like using a tampon), and push on the plunger of the applicator to insert the medication. Then slowly withdraw the applicator.
- Clean the applicator with warm water and soap. It is best to use liquid soap as bar soap can leave a film on the applicator.
- Wash hands with warm water and soap.

What are side effects of estrogen vaginal cream?

Side effects may include headache, breast pain, irregular vaginal bleeding or spotting, stomach cramps or bloating, nausea and vomiting, or hair loss. Some women may also notice vaginal burning, irritation, itching, or discharge. If you experience any of these side effects, you should call your doctor.

Safety Concerns

If you have a history of breast cancer, please ask your oncologist before starting estrogen therapy. Although topical application of estrogen has less absorption than oral supplements, there may be a slight increased risk of blood clots with this medication.

Contact Information

If you have any questions, please contact the University of Michigan, Department of Urology at 734-936-7030 during business hours (8:00 am - 5:00 pm). After business hours and on weekends, please call 734-936-6267 and ask to speak with the Urology Resident on call. If you need to be seen by a doctor right away please go to the nearest Emergency Room (ER). Have the ER doctor contact the University of Michigan urology resident on call for assistance.

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