

If you forget to use Ovestin

- Apply the missed dose when you remember, unless you are more than 12 hours late.
- If you are more than 12 hours late just skip the missed dose.

If you stop using Ovestin

Keep using this medicine as prescribed by your doctor.

Keep using Ovestin, even if you seem to be better. If you stop too early or too suddenly your problem may return.

Please contact Gynaecology Outpatients Department, the Royal London Hospital on **02035941585** if you require any information.

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) by visiting www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

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Reference: BH/PIN/579

Publication date: March 2017

All our patient information leaflets are reviewed every three years.

Patient information

How to apply Ovestin cream



This leaflet tells you of how to use the Ovestin cream that has been prescribed for you. Please read the leaflet included in the pack with a medicine before using the Ovestin cream.

What Ovestin is and what it is used for?

The name of your medicine is Ovestin 0.1% cream. Ovestin contains a medicine called estriol. It belongs to a group of medicines called Hormone Replacement Therapy (HRT).

This is a very safe preparation as very little hormone, if any, is absorbed and so does not have the risks of conventional HRT.

What is Ovestin used for

Ovestin is used:

- For vaginal problems caused by having too little 'oestrogen' such as dryness, itching and pain on intercourse. It can also be used to treat recurrent urine infections.
- Before or after vaginal surgery to help wound healing.

How Ovestin works

Estriol (the medicine in Ovestin) is one of the natural oestrogens.

- Oestrogens are female sex hormones.
- They are produced in the ovaries.
- They cause sexual development in women and control the menstrual cycle during the child-bearing years.

When women get older the ovaries gradually produce less oestrogen.

- This happens at the menopause (usually around the age of 50).
- If the ovaries are removed before the menopause, oestrogen production stops very suddenly.

Shortage of oestrogens may cause the vaginal wall to become thin and dry. So sexual intercourse may become painful and you may get vaginal infections. These problems can be relieved by using medicines like Ovestin which contain oestrogen. It may take several days or weeks before you notice an improvement

How much to use

- The usual dose is 1 applicator up to the ring (0.5 mg estriol in 0.5 g of cream) a day for the first 2 to 3 weeks.
- Then the dose is 1 applicator up to the ring twice a week.

Your doctor will prescribe the lowest dose that relieves your symptoms. Your doctor may want you to stop from time to time (every 2 to 3 months for a period of 4 weeks). This is to check if you still need treatment.

How to apply the cream

Ovestin comes in a pack together with a clear plastic applicator.

Use the applicator to apply the cream in the vagina. **A good time to do this is before going to bed.**

The applicator has a ring marked on the body. Fill the applicator up to the ring mark with Ovestin cream to get the correct dose.

Follow these instructions:

1. Remove the cap from the tube and turn the cap upside down. Then use the sharp point to open the tube.
2. Screw the end of the applicator onto the tube.
3. Squeeze the tube to fill the applicator with the cream up to the red ring mark (the plunger will stop at the red ring mark).
4. Unscrew the applicator from the tube and put the cap back on the tube.
5. To apply the cream, lie down, put the end of the applicator deep into your vagina and slowly push the plunger all the way in.

Cleaning the applicator

- After use, pull the plunger out of the barrel.
- Wash the plunger and barrel in hand hot, soapy water.
- Do not use detergents. Rinse well with clean water afterwards.
- Do not put the applicator in boiling water.