

A Guide for Patients and Families

Application of Vaginal Cream





Vaginal creams are used to treat an infection or as a hormonal replacement to prevent vaginal itching and dryness. It can be applied to external area of skin around the vagina or insert into vagina.

Care and Management

If the correct steps are not taken, you may not benefit from all the therapeutic effects of the medication.

Topical Cream

1

Wash your hands with soap and water. Dry thoroughly.



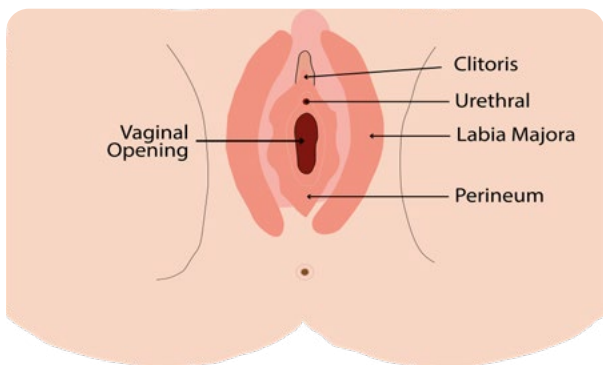
2

Squeeze the cream to cover one fingertip of your index finger.



3

Lie on your back with your knees bent and legs apart.

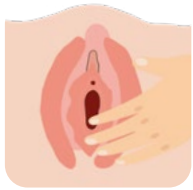


4

Locate the vaginal opening (refer to the picture above).

5

Carefully spread the cream into the vagina/urethral area (Ensure to cover the opening and just inside of the vagina).



6

Wash your hands.



Cream with Applicator

Some medications come as a pre-filled applicator. Others may have a separate applicator, where you will need to insert the medication into the end of the applicator. If no applicator is supplied, you may insert the cream using your fingers.

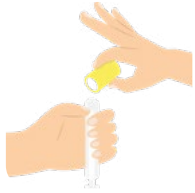
1

Wash your hands with soap and water. Dry thoroughly.



2

Get ready the applicator, remove the cap off the tube of medicine and screw on the applicator nozzle onto it.



3

Squeeze the cream to reach the prescribed dose measurement.



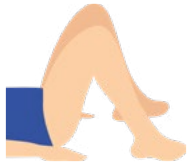
4

Unscrew the applicator from the tube from non-pre-filled applicator.



5

Lie down in a comfortable position.



6

Gentle insert the applicator deep into the vagina, push the plunger until it stops to release the cream. Remove the applicator from vagina thereafter.



7

Wash your hands.



8

If the applicator is reusable, wash as per instruction. Otherwise, discard the applicator.



NOTE: During pregnancy, the cream should be inserted without using an applicator.

Note

- ◆ Use cream as advised by your doctor.
- ◆ Avoid sexual intercourse during the period of treatment.
- ◆ Recommend using the sanitary napkin/panty liner to prevent medication from leaking and staining your clothes.

Signs that you may require further medical attention include:

- ◆ Abnormal vaginal bleeding.
- ◆ Vaginal discharge, which is either green, yellow or with a fishy smell.
- ◆ Have symptoms which differ from previous vaginal infections.
- ◆ Continue to have symptoms 3 days after your last dose of the medication.

STOP your medication and proceed to seek medical attention if you experience any of the above symptoms.



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