Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service

ADULT MEDICATION GUIDELINE	
Estrogen - Vaginal	
Scope (Staff):	All WNHS Staff
Scope (Area):	Obstetrics and Gynaecology
This document should be read in conjunction with the Disclaimer.	

Quick Links

Dose	Administration	Monitoring	Pregnancy and Breastfeeding

Restrictions

Estriol Pessary (Ovestin Ovula®): 500microgram **Formulary: Restricted**

Others **Formulary: Unrestricted**

Medication Class

Hormone replacement therapy

Presentation

Estradiol Pessary (Vagifem Low®): 10 microgram

Estriol Vaginal Cream (Ovestin Vaginal®): 1mg/g (0.1%)

Estriol Pessary (Ovestin Ovula®): 500 microgram

Storage

Estradiol Pessary (Vagifem Low®): Store below 25°C. Store in a dry place protected from light. Do not refrigerate.

Estriol Vaginal Cream (Ovestin Vaginal®): Store below 30°C.

Estriol Pessary (Ovestin Ovula®): Store below 25°C. Protect from light and moisture.

Dose

Atrophic Vaginitis

Estradiol Pessary:

Loading dose: ONE pessary (10microg) ONCE daily for 2 weeks

Maintenance: ONE pessary (10microg) TWICE weekly (every 3-4 days) for at least 6 months

Estriol Vaginal Cream:

Loading dose: ONE applicatorful (0.5mg) at night for 2 weeks

Maintenance: ONE applicatorful of cream (0.5mg) TWICE weekly (every 3-4 days) for at least 6 months

Menopausal Symptoms, Vaginal Dryness (After Breast Cancer)

NB: If there is a history of breast cancer, consult with the patient's oncologist. If there is a history of thromboembolic condition, consult with their haematologist. See WNHS guideline: Menopause and menopausal symptoms

Estradiol Pessary:

Loading dose: ONE pessary (10microg) ONCE daily for 2 weeks

Maintenance dose: ONE pessary (10microg) TWICE weekly (every 3-4 days)

Estriol Vaginal Cream:

Loading dose: ONE applicatorful (0.5mg) at night for 2-3 weeks

Maintenance dose: ONE applicatorful (0.5mg) ONCE or TWICE weekly

Estriol Pessary:

Loading dose: ONE pessary (500microg) at night for 2-3 weeks

Maintenance dose: ONE pessary (500microg) ONCE or TWICE weekly

Adjunct to vaginal surgery

Estriol Vaginal Cream:

ONE applicatorful (0.5mg) ONCE daily for 2 weeks before surgery

Estriol Pessary:

ONE pessary (500microg) ONCE daily for 2 weeks before surgery

Uterine Procidentia

Refer to WNHS guideline: Vaginal procedures

Administration

All Products: Use before bed. Wash hands well before and after use.

Estradiol Pessary (Vagifem Low®)

Tear off a single unit from the pack. Lie down and lift knees to chest as is comfortable. Open the strip at the plunger end and insert the applicator carefully into the vagina, stopping when resistance is felt (8-10cm). Gently press the plunger to release the pessary (a click will be felt). The pessary will stick to the wall of the vagina. Remove the applicator from the vagina and dispose.

Estriol Vaginal Cream (Ovestin Vaginal®)

Break seal on tube using sharp point of the cap. Screw the end of the applicator onto the tube (ensure plunger is fully inserted into the barrel). Squeeze tube slowly to fill applicator to the red ring. Detach and cap the tube. Lie down and lift knees to chest as is comfortable. Insert the applicator deep into the vagina and slowly push the plunger all the way to insert the cream. Remove applicator. Pull the plunger from the barrel to wash both parts in warm (not hot or boiling) soapy water (do not use detergents). Rinse well and dry. Reassemble for next use.

Estriol Pessary (Ovestin Ovula®)

Remove one pessary from its wrapper. Lie down and lift knees to chest as is comfortable. Insert pessary, using finger, deeply into the vagina.

Monitoring

For Menopausal Symptoms and Vaginal dryness (After Breast Cancer)

Use the lowest effective dose and stop treatment at least annually to see if it is still required.

Pregnancy

1st Trimester: Contraindicated (Estradiol); Consider alternative (Estriol)

2nd Trimester: Contraindicated

3rd Trimester: Contraindicated

Breastfeeding

Consider alternative

Related Policies, Procedures & Guidelines

Vaginal Pessary Insertion Guide

WNHS Clinical Practice Guidelines:

Sexually Transmitted Infections (STI)

Menopause and menopausal symptoms

Vaginal Procedures

WNHS Pharmaceutical and Medicines Management Guidelines:

Medication administration (intranet only)

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