

## Vaginal Dryness

- A common side effect of menopause and endocrine therapy for cancer is vaginal dryness, due to decreased estrogen. Dryness can cause pain during sex, vaginal burning, pelvic discomfort, itching, or abnormal discharge. Sometimes, there are no symptoms.
- Consistent use of long-acting vaginal moisturizers and regular sexual activity can reduce discomfort and restore the vaginal pH to premenopausal levels.
- Without active management, it often worsens over time.

### **With intercourse you can try (these products do not contain estrogen):**

- Olive oil or coconut oil is safe and effective. They should not be used with condoms as they can break down latex.
- Water-based lubricants (Astroglide and KY). These contain propylene glycol preservatives, which can be irritating to some people.
- Silicone lubricants (Wet Platinum, Pure Pleasure, and Uberlube) are generally non-irritating, although they can be more expensive.

### **Moisturizers:**

#### **Non-Hormone**

\_\_\_ Replens: Apply vaginally every 3 days at night. This is over the counter.  
\_\_\_ Hyalo GYN: Apply gel vaginally 3-5 times per week. Available at Avera on Louise Pharmacy (across the hall).  
\_\_\_ Vitamin E: 400 international units. Make a small hole in the gel cap and either put the entire capsule into the vagina or squeeze some of the gel onto your finger and apply vaginally.  
\_\_\_ Lidocaine: 4% aqueous. Fully saturate cotton ball and apply to area of pain 10 minutes prior to intercourse.

#### **Hormone**

\_\_\_ Vaginal Estrogen cream: Apply 1 gram vaginally 2-3 times per week.  
\_\_\_ Vagifem 10 mcg: Insert tablet vaginally using applicator. Use daily x 2 weeks, then 2 times per week.  
\_\_\_ Imvexxy (Estradiol) 4 or 10 mcg: Insert softgel vaginally. Use daily x 1 week, then 2 times per week.  
\_\_\_ Estring: Pick-up from pharmacy and bring to appointment for insertion.  
\_\_\_ Intrarosa 6.5mg (DHEA): Insert intravaginally once daily at bedtime.  
\_\_\_ Compounded DHEA cream: Apply 1 gram vaginally 2-3 times per week. Your prescription is sent to the Avera Compounding Pharmacy, and they will mail this to your home.  
\_\_\_ Compounded Vaginal Estrogen cream: Apply vaginally 2-3 times per week. Your prescription is sent to the Avera Compounding Pharmacy, and they will mail this to your home.