

Your important health information

Vagifem or ovestin instructions

You have been advised to use low dose oestrogen cream or pessaries to help in your next procedure.

These come in two forms:

- a vaginal cream called ovestin
- a vaginal pessary called vagifem.

You will need a prescription. Your doctor will give you this.

You need to follow the instructions.

- 1. Start using the cream or tablet four weeks before your appointment.**
- 2. The cream or vaginal tablet is put into the vagina.**
- 3. Use the applicator to do this.**
- 4. Use the cream or vaginal tablet three times a week.**
- 5. It should be used at night.**
- 6. Use the medication for the last time two night before your appointment.**

Any questions? Please phone the women's health nurse on **8458 4880**.

Further information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Oncology department
Phone: 03 8458 4860

Acknowledgements

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This document provides general information only and is not intended to replace advice about your health from a qualified practitioner. If you are concerned about your health, you should seek advice from a qualified practitioner.