**Vaginal Estrogen Information Sheet**

* You were given a prescription for vaginal estrogen at today’s visit. Vaginal estrogen comes in several forms:
* Estrogen cream (eg, Premarin, Estrace cream) is inserted into the vagina every day for two to three weeks, and then one or two times weekly. The cream can be inserted into the vagina using the applicator that it comes with or with your finger if that is more comfortable.
* The vaginal estrogen tablet (Vagifem) is a small tablet that is inserted inside the vagina. The tablet is packaged in a disposable applicator. Vagifem is usually taken every day for two weeks and then twice weekly.
* The vaginal estrogen ring, called Estring, is a flexible plastic ring that is worn inside the vagina all the time. It is replaced every three months by you or your healthcare provider. The ring does not need to be removed during sex or bathing. It cannot be felt by most women or their sexual partners.
* Vaginal estrogen medications can be safely used in almost all women. A very small amount of estrogen is absorbed into the bloodstream, but this amount is **100 times less** than when using estrogen pills that are taken by mouth. As a result, there is a **very low risk of side effects**, such as blood clots, breast cancer, and heart attack, compared with other estrogen-containing medicines (birth control pills, estrogen pills or patches to treat menopause ).
* Estrogen helps to keep the vagina moist and to maintain thickness of the vaginal lining. It also helps with urinary incontinence and is very important to help you heal and prevent complications after a vaginal surgery.
* Depending on your insurance, these prescriptions can sometimes be very expensive.

**If your insurance does not cover the prescription sent to your pharmacy, please call your insurance company to see if one of the below are covered.**

*Premarin Vaginal Cream 0.625 mg ½ gm in vagina 2 times per week Estrace Vaginal Cream 0.1 mg ½ gm in vagina 2 times per week Estring 2 mg 1 ring per vagina for 3 months*

*Vagifem 10 mg 1 tablet per vagina 2 times per week*

* If you cannot afford the prescription please call our office and we will be happy to help you.