Indications

Menopause leads to a loss of the hormone estrogen. This loss affects the pelvic organs and lower urinary tract. When estrogen levels drop, the tissues in these organs start to weaken causing urogenital atrophy, a condition when tissues around the urogenital area begin to thin and become drier. Topical Estrogen Therapy is an affective treatment to manage these conditions.

Your Female Pelvic Medicine & Surgery Center specialist has advised you to use topical estrogen therapy for the following reasons:

• Rejuvenation of the vaginal tissues
• Decrease the occurrence of urinary tract infections
• Increase the effect of medications for the bladder

Frequently Asked Questions

How does estrogen help incontinence, urgency or infections?

Estrogen may help improve the symptoms of overactive bladder, urgency, frequency and nocturia (getting up many times at night to void). It strengthens the tissues that support the pelvic organs, decreases vaginal dryness and thinning of vaginal tissues.

Who should not use topical estrogen?

Women who have had cancer in the breast or uterus, unusual vaginal bleeding or a history of blood clots should not use topical estrogen.

Are there any side effects?

Side effects are usually mild, including vaginal discharge, itching and skin rash. If you are concerned about side effects, please contact your provider.

Administration, Dosage and Frequency

Topical estrogen consists of Estrace or Premarin cream and is packaged similar to toothpaste. Fingertip application method for estrogen vaginal cream is as follows:

Step 1:
Wash your hands with soap and water and dry thoroughly.

Step 2:
Open package and discard plastic applicator. Squeeze out enough cream to cover 1/3 to 1/2 (fingertip to second knuckle) of your index finger.

Step 3:
Locate vaginal opening. Separate lips of vagina and smear crease from urethral opening back to covering vaginal opening.

Step 4:
Gently spread the cream onto the external vagina/urethral area. As the cream is spread, some may be gently inserted into the vagina.

Many women prefer to apply at night just before bed. Apply nightly for one week then decrease to three times per week.