



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Helping you thrive
at every stage of life



Vaginal HRT - Information Leaflet

Vaginal oestrogens can be used as an independent treatment or with systemic HRT, to manage symptoms of genitourinary syndrome of menopause (GSM). 25% of women using systemic HRT, will also need a vaginal oestrogen. GSM can include dryness, soreness, irritation and some women may experience symptoms affecting the bladder or sexual intercourse.

The risk with vaginal oestrogen is generally low, as very little is absorbed into the blood stream, which means it has only a very small impact on the body as a whole.

Vaginal oestrogen is available in multiple different formulations. It can be delivered in a pessary (a small tablet inserted into the vagina), a gel, a cream or a small PVC ring inserted into the vagina. Most regimens advise using the gels, creams and pessaries every day for 2-4 weeks as a 'loading dose' and then to use them twice a week to maintain symptom control. The e-string (PVC ring inserted) that remains in place for 90 days and is then changed for a new one. The change can be done at home, by the patient.

There are different types of oestrogen and doses within the different formulations, and which one is used is largely down to patient choice.