



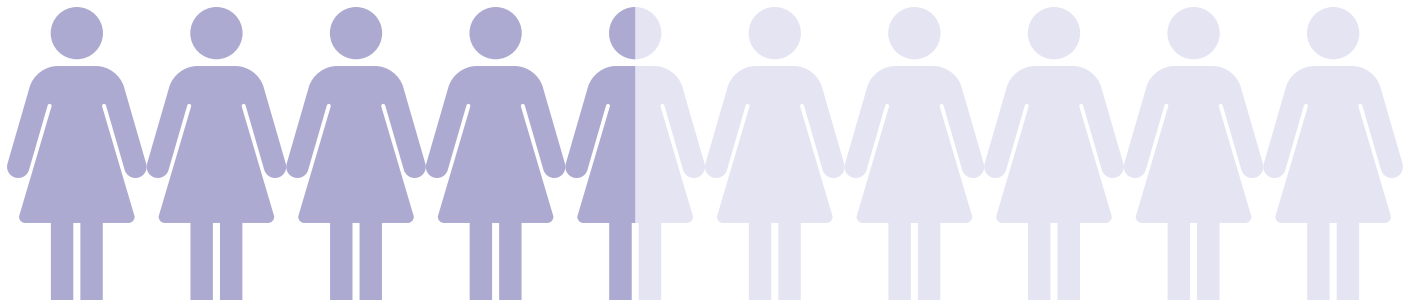
Vagifem® (estradiol)

Don't let dry  
mucous  
membranes  
hold you back

Read the patient information  
leaflet carefully before use.

# Estrogen deficiency and dry mucous membranes

*Are you sitting down? Perhaps you're standing up. Or maybe it doesn't really matter. Sitting and walking can both cause discomfort and pain if you have dry mucous membranes in your vagina. Around half of all menopausal and post-menopausal women experience problems in their intimate area due to reduced estrogen production.*



During menopause, the body starts producing less estrogen before eventually stopping completely. In the vagina, estrogen helps to facilitate blood circulation through tissue, maintain secretion and protect against infections.

When estrogen production reduces, the mucous membranes in the vagina can become more fragile, drier and less elastic.

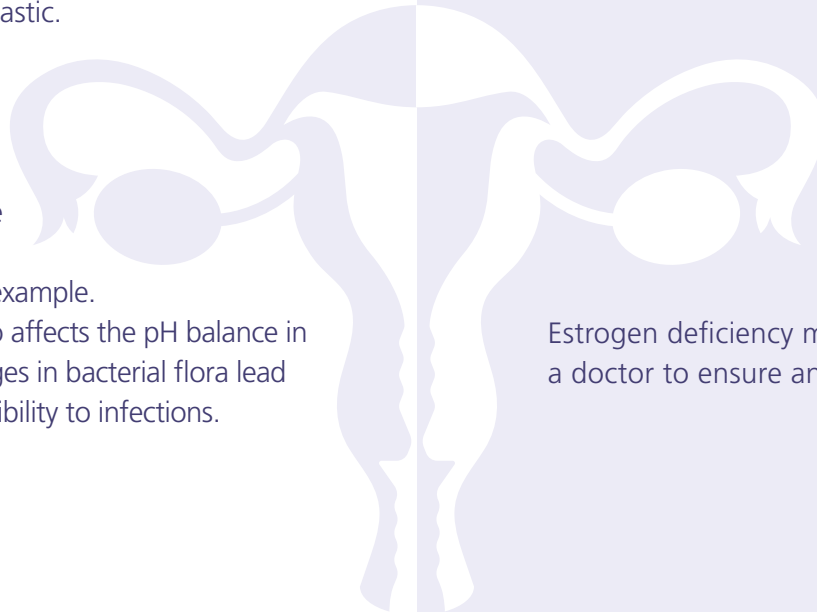
As these membranes become thinner, the nerves get closer to the surface, making this area more sensitive to friction – during sexual intercourse, for example.

Estrogen deficiency also affects the pH balance in the vagina, while changes in bacterial flora lead to an increased susceptibility to infections.

## Symptoms of estrogen deficiency

- Itching
- Burning sensation
- Pain
- Pain and/or bleeding during and after sex

Estrogen deficiency must be identified by a doctor to ensure an accurate diagnosis.





## **Do mucous membranes in the genital area become dry immediately after menopause?**

Some people notice symptoms during menopause itself. But others might not experience symptoms of dry mucous membranes until several years after their last period.

## **Do regular creams, oils and lubricants help with all types of genital dryness?**

These products can certainly help by providing temporary moisturisation and relief. However, if the mucous membranes are dry due to estrogen deficiency, you will need treatment that uses estrogen to rebuild these membranes. Since estrogen deficiency is a chronic condition, if the estrogen treatment is discontinued, its effects will disappear.

## Don't be afraid to talk about your problems

Even if you are experiencing a lot of discomfort, it can be easy to avoid mentioning or forget to mention your symptoms to your doctor. But this means the actual cause of your problems could easily be overlooked. So don't hesitate to talk about any concerns you have, whether it's with your gynaecologist, midwife, nurse or GP. They can advise you on which treatment is right for you.

### Tip: Wash your genital area with oil

Washing with an oil-based cleanser is by far the gentlest way to keep your intimate area clean.

## Symptom test

Answer the questions below – the more answers you tick, the more likely it is that you have estrogen deficiency in the intimate area. You can use the answers to these questions as a starting point for discussion next time you see your doctor.

- ☐ Does your vagina feel drier now than it did a few years ago? In some cases, dryness occurs a few years after menopause has passed.
- ☐ Have you experienced pain or a burning sensation in your vagina during or after sexual intercourse?
- ☐ Have you experienced pain or a burning sensation in your intimate areas for no reason, or during activities such as cycling, walking or gardening?

Estrogen deficiency must be identified by a doctor to ensure an accurate diagnosis.

# Vagifem® treats vaginal dryness with localised estrogen

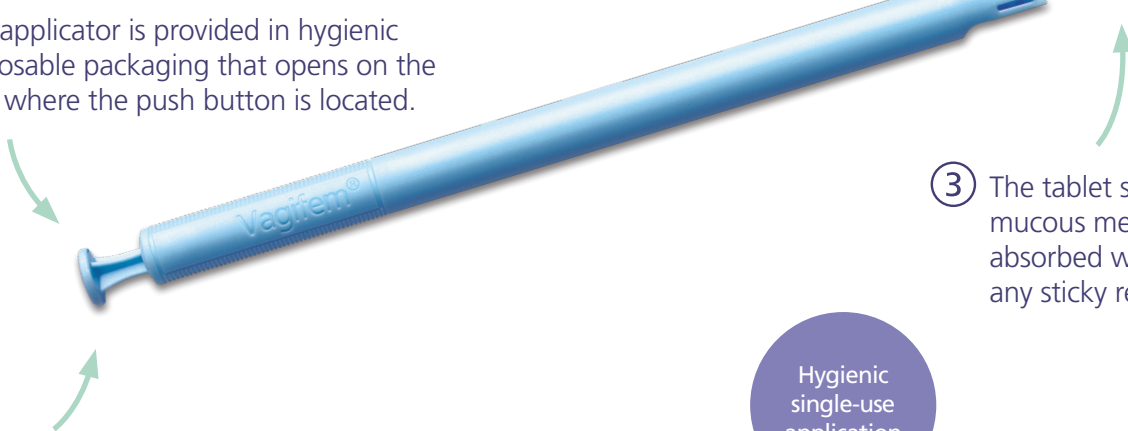
*The estrogen contained in Vagifem® is identical to the estrogen your body produces itself. Taken in the form of vaginal tablets, this estrogen acts exactly where it is needed.*

Vagifem® is intended for women who have stopped menstruating. Do not use Vagifem if you are pregnant. If you become pregnant, stop using Vagifem and contact your doctor. Do not use Vagifem while breast-feeding.



## Just click it into place

You insert the tablet with the help of a hygienic disposable applicator. When you press the button to stick the tablet to the vaginal mucous membrane, you will feel a small click.

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- The diagram illustrates the three-step process of using the Vagifem applicator. A blue, cylindrical applicator with a textured grip and a small blue button at the tip is shown. A white, oval-shaped tablet is positioned above the applicator's tip. Green arrows indicate the sequence: from the applicator to the insertion point, then to the tablet, and finally to the applicator tip. The brand name 'Vagifem®' is visible on the applicator.
- ① The applicator is provided in hygienic disposable packaging that opens on the side where the push button is located.
  - ② Insert the application into the vagina until you feel a gentle resistance, then click the button.
  - ③ The tablet sticks to the mucous membrane and is absorbed without leaving any sticky residue.
- Hygienic single-use application

## Dosing

Start by applying one vaginal tablet daily for two weeks. Then continue with one vaginal tablet twice a week as a maintenance dose. Talk to your doctor if your symptoms have not improved or have got worse after 2 to 4 weeks, or if more symptoms appear.

	M	T	O	T	F	L	S
WEEK 1 AND 2 1 Vagifem tablet every day	●	●	●	●	●	●	●
WEEK 3 AND BEYOND 1 Vagifem tablet twice a week			●				●

Once you have started treatment with Vagifem®, it is recommended that you have regular medical check-ups, at least once a year. During these check-ups, your doctor will talk to you about the benefits and risks of continuing treatment.

## Available over the counter at your pharmacy

Vagifem® is available at any pharmacy, both in-store and online,



Find out more about estrogen deficiency, dry mucous membranes and what you can do about it at **vagifem.se**

Buy over the counter at any pharmacy





**Novo Nordisk Scandinavia AB**

[www.novonordisk.se](http://www.novonordisk.se)

**Vagifem®** (estradiol), a medicinal product available over the counter. Vaginal tablets, 18 pcs. Vagifem® is used for the topical treatment of symptoms such as dryness or irritation caused by estrogen deficiency in the vagina. It is intended for women who have stopped having regular menstrual periods (menopause). **The estrogen deficiency must be identified by a doctor to ensure a correct diagnosis.** Talk to your doctor if your symptoms have not improved or have got worse after 2 to 4 weeks, or if more symptoms appear during treatment. Go for regular medical check-ups, at least once a year, once you have started treatment with Vagifem®. **Read the patient information leaflet carefully.**