Ovestin cream

Patient information

What is Ovestin cream?
Ovestin vaginal cream/pessaries contain the active ingredient oestriol, which is a naturally occurring form of oestrogen.

What does Ovestin cream contain?
Ovestin cream one per cent contains the active ingredient oestriol, which is the weakest of the three natural forms of oestrogen. It is short acting and present in small amounts.

What is it used for?

- Ovestin is used in post menopausal women. Ovestin is used for relief of symptoms occurring after menopause.
- The shortage of oestrogens during menopause may cause the vaginal wall to become thin and dry. As a result, sexual intercourse may become painful and vaginal itching/irritation and infections may occur (atrophic vaginitis).
- Oestrogen deficiency may also lead to symptoms like urinary incontinence and recurrent cystitis.
- Treating the vaginal tissues before and after vaginal surgery, e.g. For vaginal prolapse.

How long does it take for it to work?
It may take a number of weeks before you notice an improvement. After insertion into the vagina, oestriol is slowly released and absorbed into the surrounding area.

Do I need to get doctors prescription?
Yes. Also available under PBS.
When you must not use it:
- Breast cancer, or if you are suspected of having it (check with your breast surgeon)
- Pregnant or think you may be pregnant
- Unexplained vaginal bleeding
- Endometrial hyperplasia
- Allergic to oestriol.

How should Ovestin cream be used:
Ovestin cream one per cent is for topical use only. You can use your finger and insert the cream into your vagina, or using the applicator provided.

You should use Ovestin cream for as long as recommended by your doctor.

Example:
• usually once a day, before going to bed for two weeks
• Then twice a week.

How should Ovestin cream be stored?
Do not refrigerate. In a cool dry place where the temperature stays below 30°C.

Side effects of Ovestin cream
Tell your doctor or pharmacist if you have:

Example:
• Local irritation or itching
• Swelling and increased tenderness of the breasts
• Increased vaginal discharge
• Nausea.