



Estradiol Vaginal Cream

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PATIENT GUIDE

This guide covers what estradiol vaginal cream is, what to expect, and when to reach out to your clinical team.

What Is Estradiol Vaginal Cream?

Estradiol vaginal cream delivers a low dose of bioidentical estrogen directly to vaginal and vulvar tissue. Because it acts locally rather than throughout the body, it carries a much smaller systemic absorption profile than oral or systemic estradiol, while directly treating the tissue changes that cause genitourinary symptoms of menopause (GSM).

Why Is Estradiol Vaginal Cream Prescribed?

Estradiol vaginal cream may be prescribed for:

- Vaginal dryness, burning, or irritation
- Pain with intercourse
- Recurrent urinary tract infections related to low estrogen
- Urinary urgency or frequency related to genitourinary menopause symptoms

How to Use Estradiol Vaginal Cream

This medication is bioidentical and applied vaginally using an applicator, at bedtime. See additional documentation for how to administer cream using a Topi-CLICK Perl vaginal dosing kit.

- Typical starting amount is a pea-sized amount applied vaginally nightly for the first 2 weeks
- After the first 2 weeks, most patients move to a maintenance schedule of up to 3 times weekly
- At these low local doses, estradiol vaginal cream generally does not require added progesterone, even if you have an intact uterus — this differs from systemic estradiol
- Most women notice improvement in dryness and comfort within a few weeks of consistent use

Dosing Adjustments:

- Your dose may need to be optimized over time based on your symptoms, side effects, and any lab results, as determined by your clinician through the portal
- **Based on information from your initial medical intake and subsequent monthly check-ins,** your clinician decides starting dose, whether and when to increase, and maximum dose

Required Labs

Lab testing is not required to start or continue vaginal estradiol, given its low systemic absorption. **As with some other bHRT products, symptoms – not lab values – are the primary guide to dosing** according to the latest guidance from the Menopause Society.

Who Shouldn't Use Estradiol Vaginal Cream

Do not take this medication if any of the following apply to you:

- Undiagnosed vaginal bleeding
- Unintentional weight loss of more than 5kg (11lbs) in the last 3 months

Talk to your clinician if any of the following apply to you:

- You have a history of an estrogen-sensitive cancer — vaginal estrogen may still be appropriate, but this should be coordinated with your oncology team
- You notice vaginal bleeding restarting after 12 months — this needs evaluation and, in some cases, a clearance letter from your OB/GYN before continuing

Possible Side Effects

Tell your clinical team about any new or unexpected symptoms while you're on treatment, including vaginal irritation, discharge, or spotting. Your clinician can help determine whether your dose or application needs adjusting.

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop:

- Vaginal bleeding or spotting, especially if you've already gone through menopause
- New or worsening vaginal irritation, discharge, or discomfort that doesn't improve
- Unexplained weight loss

Go to your nearest Emergency Room or call 911 right away if you have difficulty breathing or swelling of your face, lips, tongue, or throat.

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

