

Inserting Vaginal Cream or a Suppository

vaginal use only

Vaginal **creams** and **suppositories** (also called inserts or ovules) place medicine right where it's needed — common for compounded hormone therapy such as **estradiol, Bi-Est, progesterone, DHEA, or testosterone**. Always follow your prescription label first.

Get ready

1. **Wash your hands** with soap and warm water, and dry them.
2. **Empty your bladder.** Many people find **bedtime** easiest, so the medicine stays in place overnight.
3. **Gather:** your medication, the applicator (if provided), tissue, and a panty liner.
4. **Check your label** for your exact dose (the fill line on the applicator) and how often to use it.

Fill the applicator (cream)

Skip this step if your medicine came in a single-use, pre-filled applicator.

1. **Screw the applicator** onto the open end of the tube.
2. **Squeeze from the bottom** of the tube until the plunger reaches your prescribed fill line.
3. **Unscrew** the applicator and re-cap the tube.

Insert vaginal cream

Lie on your back with knees bent, or stand with one foot raised on a step.

1. **Gently insert the applicator** as far as is comfortable, pointing slightly toward your lower back.
2. **Press the plunger** all the way in, then slowly remove the applicator.
3. **Stay lying down** a few minutes if you can. A panty liner helps with normal, light leakage.

Insert a suppository or insert

1. **If it's soft, chill it** a few minutes (still wrapped) until firm, then unwrap.
2. **Place it in the applicator**, or use a clean finger.
3. **Insert** as far as is comfortable, pointing slightly toward your lower back. With an applicator, press the plunger, then remove it.
4. **Lie down** for a few minutes. Some melting and leakage is normal — a panty liner helps.

Good to know. Bedtime dosing works best — lying down afterward helps the medicine absorb and reduces leakage. With hormone creams, avoid skin-to-skin transfer to a partner right after applying; ask us about timing.

Afterward & storing it

1. **Wash your hands** again.
2. **Rinse a reusable applicator** with warm soapy water and air-dry it; throw away single-use ones.
3. **Don't use a suppository that has melted** out of shape — re-chill it until firm.
4. **Keep it away from children and pets**, use only as directed, and never share it.

Many compounded hormones need refrigeration. Check your label for how to store yours. When in doubt, ask the pharmacy.

This guide is educational and does not replace your prescription label or your prescriber's instructions, which always take priority. **Always consult with your doctor or pharmacist** before starting, changing, or stopping any medication. Stop and contact your prescriber or pharmacist if you have severe pain, bleeding, or signs of infection; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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