Insert one pessary once daily in the evening before bedtime. You should insert it as deeply into the vagina as possible. This is best performed lying on your back, with your legs slightly drawn up.

To remove the pessary, pull apart the two foil layers at the tip of the pessary, as shown in the adjacent diagram. If the vagina is relatively dry, the pessary can be moistened under running water before insertion to make it easier to insert. Because the pessaries dissolve exceptionally well, please wear a panty liner during use, as a watery discharge can occasionally occur.

The duration of administration is generally 5–7 days. For regular maintenance of normal pH levels in the vagina, e.g. in women prone to vaginal infections, Vagisan Lactic Acid can also be safely used two to three times a week over a longer period.

Instructions for use during pregnancy and breast-feeding
Vagisan Lactic Acid can also be used during pregnancy and breast-feeding.

Possible side effects
In rare cases, skin reactions (e.g. redness, itching, stinging) may occur. In isolated cases an allergic skin reaction may develop (e.g. severe redness, swelling, burning). If you notice any other unpleasant effects, please talk to your doctor or pharmacist.

Contraindications
Vagisan Lactic Acid must not be used in cases of known hypersensitivity to any of the ingredients.

Restrictions on use
Girls should only use Vagisan Lactic Acid after talking to their doctor, as not enough experience has yet been gained to recommend it generally for use in children. Use of Vagisan Lactic Acid is not recommended during menstrual periods. You should skip treatment on these days.

If you have a vaginal infection at the moment (e.g. increased discharge, discharge with an unpleasant odour, itching and stinging at the vaginal entrance), you should consult your doctor before using Vagisan Lactic Acid, so that your symptoms can be diagnosed and appropriately treated. You may need medicine or your partner might also need treatment.

Whilst using Vagisan Lactic Acid, if your vaginal symptoms worsen or do not improve within 8 days, you should stop using the product and consult a doctor.

As Vagisan Lactic Acid contains no spermicides (substances that kill male sperm), it is safe to use with condoms or diaphragms (caps).

In women prone to repeated vaginal infections, Vagisan Lactic Acid can therefore be used to prevent vaginal infections in women prone to such conditions and as a supplement to drug therapy in vaginal infections.

Product information
Vagisan Lactic Acid consists of pessaries containing a mixture of lactic acid and sodium lactate. The pessaries can be used to maintain or regulate natural pH levels in the vagina –

– in adult women
– during pregnancy and breast-feeding
– in girls after consultation with a doctor.

Preventive long-term treatment can be safely administered to women who are prone to vaginal infections (see “Using Vagisan”). The pessaries do not contain paraffin, Vaseline or any other fats. They do not affect the tear resistance of latex condoms or diaphragms (caps).

The acidic vaginal environment can be disrupted by various external factors, causing the pH to rise above 4.5. Possible factors include bodily secretions such as menstrual blood or semen, a reduced numbers of lactobacilli due to antibiotics, and fluctuating hormone levels during pregnancy, breast-feeding, and as a consequence of the growth of undesirable bacteria. Therefore, an acidic vaginal environment helps prevent bacterial infections.

The vaginal environment supports the growth of bacteria typically found in the vagina (lactic acid-producing lactobacilli – lactic acid bacteria), whilst having a negative effect on the growth of disease-causing germs. Vagisan Lactic Acid can therefore be used to prevent vaginal infections in women prone to such conditions and as a supplement to drug therapy in vaginal infections.

Ingredients
lactic acid, macrogl 1500, macrogl 6000, sodium lactate

Indications for use
Vagisan Lactic Acid is used to maintain and restore natural pH levels in the vagina. Using lactic acid to acidify the vaginal environment supports the growth of bacteria typically found in the vagina (lactic acid-producing lactobacilli – lactic acid bacteria), whilst having a negative effect on the growth of disease-causing germs. Vagisan Lactic Acid can therefore be used to prevent vaginal infections in women prone to such conditions and as a supplement to drug therapy in vaginal infections.

What you should know about lactic acid and vaginal infections
The cells inside the vaginal wall contain sugar, which is released during normal cell shedding. This sugar is broken down into lactic acid by the lactic acid bacteria in the vagina. If there is enough lactic acid present, the vaginal environment is naturally acidic with a pH of 3.8–4.4. These are adverse conditions for the growth of undesirable bacteria. Therefore, an acidic vaginal environment helps prevent bacterial infections.

The acidic vaginal environment can be disrupted by various external factors, causing the pH to rise above 4.5. Possible factors include bodily secretions such as menstrual blood or semen, a reduced numbers of lactobacilli due to antibiotics, and fluctuating hormone levels during pregnancy, breast-feeding, and as a consequence of the growth of undesirable bacteria. Therefore, an acidic vaginal environment helps prevent bacterial infections.

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Whilst using Vagisan Lactic Acid, if your vaginal symptoms worsen or do not improve within 8 days, you should stop using the product and consult a doctor.

As Vagisan Lactic Acid contains no spermicides (substances that kill male sperm), it is safe to use with condoms or diaphragms (caps).
sperm), it offers no protection against unwanted pregnancy. If the pessary strip is damaged or if you notice any change in the appearance of the pessaries, do not use the product and inform the manufacturer.

Storage and shelf life
Store Vagisan Lactic Acid out of the reach and sight of children. Do not store above 30°C. Do not use Vagisan Lactic Acid after the expiry date which is stated on the strip and flap of the pack after the symbol “”. The expiry date refers to the last day of that month.

Pack sizes
Packs of 7 pessaries for vaginal use

Manufacturer
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Medical device
CE 0297

Date of information
January 2012

Vagisan®
for a healthy genital area
• Vagisan® Lactic Acid, pessaries (medical device). For a healthy vaginal environment. Acidification with lactic acid achieves/restores a natural pH in the vagina.
• Vagisan® Moisturising Cream (medical device). For vaginal dryness. Hormone-free cream that supplies moisture AND nourishing lipids (fats). With typical cream-like properties, Vagisan Moisturising Cream alleviates the symptoms of dryness of the vagina and external genital area.

www.vagisan.com