

## Boric Acid Vaginal Capsule

### Active Ingredient

Boric Acid

### What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

### What it is used for

This medication contains the active ingredient Boric Acid. Boric Acid is used to treat vulvovaginal candida (VVC) infections. Candida are a family of yeasts which live in the human gastrointestinal and genital tract. VVC infections occur when there is an overgrowth of candida in the vulvovaginal area. Candida Albicans is the most common species causing VVC infections and can be treated with common oral or topical medications. However, about 5% of VVC infections are caused by a different type of candida, called candida glabrata. Boric acid is used for VVC infections caused by candida glabrata.

### Before you use Boric Acid

#### When you must NOT use it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly
- If you are pregnant, as the ingredients may be toxic to the developing fetus.

#### Let us know if you are:

- Planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions or take any other medications.
- Have a scrape or other open wound in or around the vagina, as the ingredients be irritating.

### How to use Boric Acid vaginal capsules

**Do NOT swallow the capsule. It is for vaginal use ONLY.**

Step 1: Wash your hands and vaginal region using mild soap and water

Step 2: Lower into a squatting position, or lie on your back and bend your knees with your legs slightly apart

Step 3: Using your finger or an applicator, insert the boric acid capsule as far into your vagina as it can comfortably go.

Step 4: Wash your hands.

You should repeat the above steps at the same time each night for 2 weeks, or as directed by your doctor. It may be best immediately before bed.

#### If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose as normal. **Do not take two doses to make up for a dose you missed.**

### Side effects

**Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.**

There are some minor side effects. If you experience these and you are concerned, speak with your pharmacist or doctor:

- Irritation at the insertion site
- Watery discharge – the use of sanitary pads may be useful to prevent staining of clothing
- Redness in the vaginal area

If you experience severe discomfort, speak with your doctor as soon as possible.

Accidentally taking this medication orally may cause boric acid poisoning. Symptoms include:

- Nausea, vomiting, diarrhoea
- Abdominal pain, decreased urine output
- Muscle twitching, seizures, or convulsions

Go to the nearest hospital immediately if you experience any of the above side effects.

### Storage

Expires 6 months after preparation. Store your medication unrefrigerated in a cool, dry place that is below 25°C.

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