

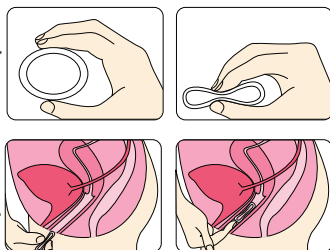
HOW TO INSERT ESTRING

Inserting and removing ESTRING[®] (estradiol vaginal ring) may be easier than you think. In a US study, 95% of patients judged ESTRING to be “easy” or “very easy” to use once inserted. Your healthcare provider can insert ESTRING and, with a quick lesson, you can too.

- 1 Before you insert ESTRING, wash and dry your hands. The ring becomes slippery when wet, so be sure your hands are dry before handling it. Choose the position that is most comfortable for you: lying down, squatting, or one leg up.



- 2 Hold ESTRING between your thumb and index finger and squeeze the opposite sides of the ring together. Gently push the ring as far into your vagina as you can.



Note: The exact position of ESTRING is not critical, as long as it is placed in the upper third of the vagina. When ESTRING is in place, you should not feel anything. If you feel uncomfortable, ESTRING is probably not far enough inside. Use your finger to gently push the ring further into your vagina. There is no danger of ESTRING being pushed too far up in the vagina or getting lost. It can only be inserted as far as the end of the vagina, where the cervix will block ESTRING from going any further.

HOW TO REMOVE ESTRING

After 90 days, there will no longer be enough estradiol in the ring to maintain its full effect in relieving your symptoms. ESTRING should be removed at that time and replaced with a new ESTRING, if your doctor determines that you need to continue your therapy.

- 1 Before removing ESTRING, wash and dry your hands thoroughly. Choose the position that is most comfortable for you: lying down, squatting, or standing with one leg up.
- 2 Loop your finger through the ring and gently pull it out. Discard the used ring in a waste bin. (Do not flush ESTRING down a toilet.)

If you have any concerns or additional questions about removing ESTRING, contact your doctor.



INDICATION

ESTRING[®] (estradiol vaginal ring) is used after menopause to treat moderate to severe vaginal itching, burning and dryness, painful intercourse, urinary urgency, and painful urination due to urogenital atrophy.

IMPORTANT SAFETY INFORMATION

Estrogens increase the risk of cancer of the uterus. It is important that you report any unusual vaginal bleeding to your doctor right away.

Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia.

Using estrogens with or without progestins may increase your risk of heart attack, stroke, breast cancer, or blood clots. Using estrogens with or without progestins may increase your risk of dementia, based on a study of women aged 65 years or older.

Estrogens should only be used for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with ESTRING.

ESTRING should be removed after 90 days of continued use.

Do not use ESTRING if you have unusual vaginal bleeding, have or have had cancer of the breast or uterus, had a stroke or heart attack, have or have had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant.

The most frequently reported side effects are headaches, increased vaginal secretions, vaginal discomfort, abdominal pain, and genital itching.

Call your healthcare provider right away if you have any of the following warning signs: breast lumps, unusual vaginal bleeding, dizziness and faintness, changes in speech, severe headaches, chest pain, shortness of breath, pain in your legs, or changes in vision.

Carefully follow instructions for use. If you have difficulty removing ESTRING, contact your healthcare provider right away.