

Getting Comfortable With the Ring

Estring®
(estradiol vaginal system)
delivers 7.5 mcg per day

This guide has been created to help you insert and remove Estring. Please read the Instructions For Use within the Patient Information for full details.

Steps to insert and remove Estring

Before inserting Estring: Wash your hands and dry them thoroughly because the ring may become slippery when wet. After you dry your hands, open the package using the tear-off notch and remove the ring. To get started, choose the position that's most comfortable for you: lying down, squatting, or standing with one leg up. These may be similar to positions you've used when inserting a tampon.

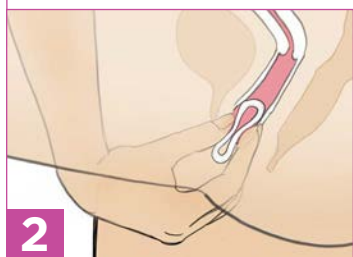


INSERTION



1

After removing the ring from its package, press the two sides of the ring together, using your thumb and forefinger, as shown.



2

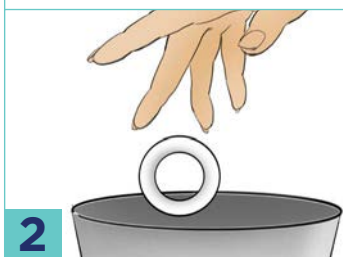
Gently push the folded ring as far into your vagina as possible. Estring should sit in the upper third of the vagina. The exact location is not important.

REMOVAL



1

Use your finger to loop through the bottom of the ring and gently pull it out.



2

Discard Estring in a waste basket. It is NOT flushable. To ensure there is enough estradiol to relieve your symptoms, Estring should be replaced every 3 months, if you and your doctor decide to continue therapy.



Visit [Estring.com](https://www.estring.com) to watch a video on the insertion and removal of Estring.

It's important to remember...

- Most women and their partners experience no discomfort with Estring in place during intercourse, so it is NOT necessary that the ring be removed.
 - If Estring should cause you or your partner any discomfort, you may remove it prior to intercourse (see Estring Removal, above). Be sure to reinsert Estring as soon as possible afterwards.
- Estring may slide down into the lower part of the vagina as a result of the abdominal pressure or straining that sometimes accompanies constipation. If this should happen, gently guide Estring back into place with your finger.
- There have been rare reports of Estring falling out in some women following intense straining or coughing. If this should occur, simply wash Estring with lukewarm (NOT hot) water and reinsert it.
- One of the most frequently reported effects associated with the use of Estring is an increase in vaginal secretions. These secretions are like those that occur normally prior to menopause and indicate that Estring is working. However, if the secretions are associated with a bad odor or vaginal itching or discomfort, be sure to contact your doctor or healthcare provider.

IMPORTANT SAFETY INFORMATION

Using estrogen alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using Estring. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus. Your healthcare provider should check any unusual vaginal bleeding to find out the cause.

Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia (decline in brain function).

Please see additional Important Safety Information on back and [click here](#) for full Prescribing Information, including BOXED WARNING and Patient Information.

IMPORTANT SAFETY INFORMATION (continued)

Using estrogen alone may increase your chances of getting strokes or blood clots. Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.

Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women 65 years of age or older.

Estrogens should be used at the lowest dose possible, only for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment.

Estring should be removed after 90 days of continued use. If continuation of therapy is indicated, the flexible ring should be replaced. You and your healthcare provider should talk regularly about whether you still need treatment with Estring to control these problems.

Estring should not be used if you have unusual vaginal bleeding, have, or had cancer, had a stroke or heart attack, have or had blood clots or liver problems, have a bleeding disorder, are allergic to any of its ingredients, or think you may be pregnant. In general, the addition of a progestin is recommended for women with a uterus to reduce the chance of getting cancer of the uterus.

If you take thyroid medication, consult your healthcare provider, as use of estrogens may change the amount needed.

Serious, but less common side effects include heart attack, stroke, blood clots, dementia, breast cancer, cancer of the lining of the uterus, cancer of the ovary, high blood pressure, high blood sugar, gallbladder disease, liver problems, changes in your thyroid hormone levels, and enlargement of benign tumors of the uterus (fibroids).

Call your healthcare provider right away if you get any of the following warning signs or any other unusual symptoms that concern you: new breast lumps; unusual vaginal bleeding; changes in vision or speech; sudden new severe headaches; severe pains in your chest or legs with or without shortness of breath, weakness and fatigue; memory loss or confusion.

Less serious, but common side effects include, headache, breast pain, irregular vaginal bleeding or spotting, stomach or abdominal cramps, bloating, nausea and vomiting, fluid retention, and vaginal yeast infection.

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

INDICATION

Estring is a local estrogen therapy used after menopause to treat moderate to severe menopausal changes in and around the vagina. You and your healthcare provider should talk regularly about whether you still need treatment with Estring to control these problems.

[Click here](#) for full Prescribing Information, including **BOXED WARNING** and Patient Information.