Te Whatu Ora
Health New Zealand
Waitaha Canterbury

MENOPAUSAL HORMONE THERAPY (MHT) - vaginal cream

What does it do?

As you go through menopause, you produce less of the hormone oestrogen. MHT vaginal cream contains oestrogen, which helps treat vaginal symptoms of menopause.

For more information see the Australasian Menopause Society.

Before you start

- Women taking MHT may have a small increased chance of breast cancer. Tell your doctor if you, or someone in your family, has ever had breast cancer.

How should you use it?

Insert into the vagina as directed, using the applicator provided.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and insert your next dose at the usual time. Otherwise, insert the missed dose as soon as you remember. Do not insert two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Unexpected vaginal bleeding	Tell your doctor
Headache Sore or enlarged breasts Vaginal itch/discharge Stomach upset, stomach cramps, bloating	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- MHT does not protect against pregnancy. You can still get pregnant up to 1 year after your last period if you are older than 50, or up to 2 years if you are under 50. Talk to your doctor about contraception options.
- MHT is also known as hormone replacement therapy (HRT).