

# Relactagel<sup>®</sup>



## Vaginal Gel

NPN#: 80051732



A healthy vagina is naturally acidic with low pH of approximately 3.8-4.5. This natural acidity is maintained by lactic acid producing bacteria known as lactobacilli. These bacteria flourish in an acidic environment and form a very important part of the natural defences, acting as a barrier to infections.

There are a number of conditions that may upset the natural acidity of the vagina including fluctuating hormone levels during the menstrual cycle, pregnancy and menopause. Other influencing factors include antibiotics, sexual intercourse (semen is alkaline), intrauterine devices, douching and smoking. Disturbances to the environment of the vagina may lead to conditions such as Bacterial Vaginosis (BV), Candidiasis and trichomoniasis vaginalis. The most common cause of recurring vaginal infection is BV.

BV is associated with an abnormal discharge. Normal vaginal discharge may vary in consistency and has an inoffensive slightly sweet odour. BV associated discharge is thin, white or grey in appearance with distinct, unpleasant odour. BV is often confused with other vaginal infections. Simple tests carried out by healthcare professionals can diagnose the presence of BV.

### WHAT IS RELACTAGEL USED FOR?

Relactagel can be used to;

- help relieve and prevent symptoms of BV
- relieve abnormal discharge and odour
- restore and maintain normal vaginal pH

Lactic acid helps restore the normal acidic pH balance of the vagina.

### HOW DOES RELACTAGEL WORK?

Relactagel contains lactic acid which restores and maintains the natural acidity providing an environment favourable to the growth of lactobacilli.

### HOW DO I USE RELACTAGEL?

Break and remove the cap and insert the entire neck of the tube into the vagina. Squeeze out the contents, maintaining constant pressure while withdrawing the tube. Relactagel should be used at bedtime when lying down to minimise any potential leakage. In the event of leakage, a panty liner may be useful. Once the tube is opened, use immediately. Do not use any tubes that may be damaged or are leaking.

**Caution:** Do not ingest. This product is for vaginal application only. After application please ensure to wash your hands.

### DOSAGE:

- Relief of BV: Use one single 5ml applicator per day for 7 days at bedtime.
- For prevention of BV: Use one single 5 ml applicator per day for 2-3 days at bedtime after your period.

Each tube is for single use only. Discard the tube appropriately after one use. Do not reuse the tube as this may cause an infection.

### CAN RELACTAGEL BE USED SAFELY DURING PREGNANCY?

Relactagel can be used during pregnancy.

### WHEN SHOULD RELACTAGEL NOT BE USED?

Relactagel is for use by adult women only. Relactagel should be avoided if you are trying to become pregnant as semen is alkaline and may be neutralised by the lactic acid.

**Warning:** Relactagel contains glycogen obtained from oysters. Do not use if you are allergic to shellfish.

Relactagel may cause mild irritation if used during fungal infection, including Thrush or when there are small cracks or tears in the vaginal tissue.

### WHEN SHOULD YOU CONSULT YOUR DOCTOR?

A healthcare practitioner should be consulted if symptoms persist or become worse. If a vaginal infection occurs during pregnancy, consult your healthcare practitioner.

### HOW TO STORE RELACTAGEL?

Do not store above 25°C.

Do not use beyond the expiry date. The expiry date is stated on the tube and carton. Once used, the tube can be disposed of in accordance with local and environmental regulations.

### PACKAGING:

Each box contains 7 X 5ml single dose applicators.

**Medicinal Ingredients:** Lactic acid 225mg

**Non-Medicinal Ingredients:** Glycogen, Sodium hydroxide, Hydroxypropylmethylcellulose, Propylene glycol, Purified water.

### Manufactured by:

Kora Healthcare,  
Swords Business Park,  
Swords, Co Dublin, Ireland.  
INT TEL: +353-1-8900 406

### Imported by:

Besins Healthcare Canada,  
16667 Boul. Hymus, Kirkland, Quebec,  
Canada H9H 4R9.  
TEL: 1-855-748-7223  
www.besinshealthcare.ca

Rev: Aug 21, 2014

RELKAN-071401