

# PROBIOTIC PESSARIES

## *Using and Inserting probiotic pessaries*

Within the Vagina the friendly Lactobacilli that are responsible for maintaining the health of the vagina do this through the production of two different acids: Lactic acid and Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>). The acids help maintain an acidic environment that prevents infection and supports Lactobacilli colonies. Sometimes introducing the Lactobacilli bacteria directly into the vaginal environment is required. To do this, the use of probiotic capsules are recommended.

### INGREDIENTS:

Lactobacilli Probiotic Capsule/Pessary (brand specified by your practitioner)

### METHOD:

Insertion of Lactobacilli pessaries is usually initiated in the first week after your menstrual bleed has finished (in prevention) or at the time of symptoms and discharge. If you do not have a menstrual cycle you can begin the treatment at any time.

With clean hands take one of the capsules and insert into the vaginal canal. You do not need to push it all the way up to the cervix but try and insert by using the full length of your pointer finger. You may find it useful to wet the capsule first with some fresh water. This is particularly important if you are post menopausal.

Once inserted you can go about your regular activities. It doesn't matter what time of the day you insert the capsule, however many people prefer to insert before bedtime. Usually after a period of time (about 12 hours) you may notice a small amount of powdery or gritty discharge. This is perfectly normal. We recommend that you wear clean cotton or natural fibre (e.g Bamboo) underwear during this time. If you feel you need a panty liner choose an organic or cloth variety.

Repeat the application daily for a period of 7 days. Avoid sex during therapy.

Your practitioner will let you know how many times you are to repeat the 7 day treatment cycle.