

## Boric Acid

Boric acid vaginal suppositories are a treatment for vaginal symptoms that have not responded to traditional therapies such as antifungals and antibiotics. They are considered very safe when used as directed and there is moderate to good medical evidence that they work to re-establish a healthy mix of vaginal bacteria (also called the vaginal biofilm) that maintains a healthy pH and vaginal fluids. Boric acid also has anti-fungal and anti-bacterial properties.

Boric acid should be used only when recommended by your provider and other types of infections have been excluded.

Boric acid vaginal suppositories can be purchased in stores, on-line, or made at home.

When buying (on-line or in a drug store):

- Should contain 600mg of boric acid**
- Avoid other ingredients, if possible

How to use:

- Insert the suppository into the vagina **every night before bed for 7-14 days**
- If you are having more intense symptoms, you can insert a suppository every 12 hours for 7-14 days

If making on your own:

- Use a size 0 gelatin capsule
- Fill the capsule with boric acid powder (do not use crystals)

To prevent future symptoms:

- You may want to use the suppositories 2 times per week (for example Monday and Thursday nights) for the next 6-12 months to prevent a recurrence of symptoms

Other self-care measures that may reduce symptoms include:

- Avoid douching
- Wash the vulva with plain water; all soaps are drying to the skin as they remove natural moisturizers. Gently wash with hands and avoid using any scrub brushes
- Avoid wipes, sprays, creams, or washes. They may seem to give relief in the short term, but often cause more irritation and imbalance
- Use menstrual products that are unscented and try different brands to see which ones work best for your skin type
- Avoid clothes that are tight or rubbing. Some people have fewer issues when they stop wearing thongs and body suits that cause pressure in the vulvar area
- Use unscented and hypoallergenic lubricants
- Wear white, cotton underwear, and no underwear at night and whenever possible
- Avoid using fabric softeners when washing clothes
- After showering, try use the cool setting on a blow dryer to gently dry the labia and vulva
- If you remove pubic hair, consider letting hair grow, maybe trim instead of waxing or shaving
- Change out of wet exercise clothes, yoga pants, bathing suits as soon as possible

**Questions or schedule a visit: 303-442-5160 or [www.bouldervalleyhealth.org](http://www.bouldervalleyhealth.org)**