

INSTRUCTIONS FOR USE
Vagifem (Va-juh-fem)
(estradiol vaginal insert)

Read this Instructions for Use before you start using Vagifem and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms or your treatment.

How should I use Vagifem?

- Vagifem is an insert for use only in the vagina. Do not take by mouth.
- Wash and dry your hands well before handling Vagifem.

Step 1: Tear off 1 applicator.

Step 2: Pull apart the plastic wrap and remove the applicator (see Figure A).

If after opening the package you see that the Vagifem insert has come out of the applicator but has not fallen out of the package, **carefully put the insert back into the applicator for insertion.**

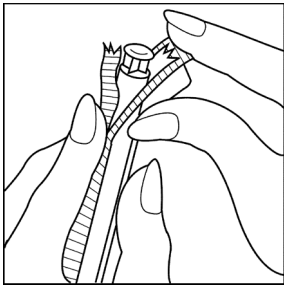


Figure A

Step 3: Hold the applicator between your thumb and middle finger. Leave your index (pointer) finger free to press the applicator plunger (see Figure B).

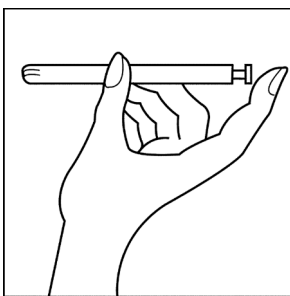


Figure B

Step 4: Select the best position for vaginal insertion of Vagifem (estradiol vaginal inserts) that is most comfortable for you. For insertion in the lying down position, see Figure C. For insertion in the standing position, see Figure D.

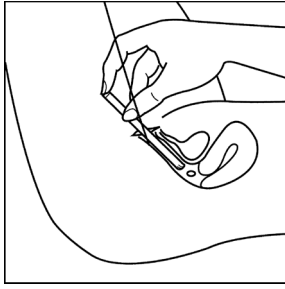


Figure C

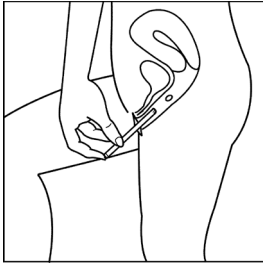


Figure D

Step 5: Gently insert the end of the applicator into your vagina as far as it will comfortably go or until half of the applicator is inside your vagina, whichever is less. **Do not use force.** If the insert falls out of the applicator before insertion, throw away (dispose of) the insert and applicator. Get a new applicator.

Step 6: While holding the applicator in place, gently press the applicator plunger with your index (pointer) finger until it stops, to release the insert into your vagina. The insert will dissolve.

Step 7: Gently remove the applicator from your vagina and throw away (dispose of) after use. Insertion may be done at any time of the day. It is advisable to use the same time daily for all applications of Vagifem (estradiol vaginal inserts). If you have any questions, please ask your healthcare provider or pharmacist.

How should I store Vagifem?

- Store Vagifem at room temperature between 68°F to 77°F (20°C to 25°C).
- Do not refrigerate.

Keep Vagifem and all medicines out of the reach of children.

Manufactured by: Novo Nordisk A/S DK-2880 Bagsvaerd, Denmark

Vagifem® is a registered trademark owned by Novo Nordisk Health Care AG.

Patent Information : <https://www.novonordisk-us.com/products/product-patents.html>
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This Instructions for Use has been approved by the U.S. Food and Drug Administration

Approved: December/2023