

# Relactagel<sup>®</sup>

LACTATE VAGINAL GEL



A healthy vagina is naturally acidic with a 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 these include: fluctuating hormone levels during the menstrual cycle, pregnancy and menopause. Other influencing factors include antibiotics, sexual intercourse (semen is alkaline), intrauterine devices (the coil), douching and smoking. Disturbances to the environment of the vagina may lead to conditions such as Bacterial Vaginosis (BV), Candidiasis (thrush) and trichomoniasis vaginalis. The most common cause of recurring vaginal infection is BV.

BV is associated with an abnormal vaginal 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 a 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:

- treat and prevent recurrent BV
- restore and maintain the natural pH
- relieve abnormal discharge and odour

## HOW DOES RELACTAGEL WORK ?

Relactagel contains lactic acid which restores and maintains the natural acidity providing an environment favourable to the growth of lactobacilli. Relactagel also contains glycogen which provides nutrients for lactic acid bacteria.

## 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 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:

- For treatment: Use one single 5ml tube per day for 7 days at bedtime.
- For prevention: Use one single 5ml tube per day for 2-3 days at bedtime after menstruation.

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

## WHEN IS RELACTAGEL SAFE TO USE ?

Relactagel is safe to use during pregnancy. No studies have been conducted in women who are lactating. If you are breastfeeding, please consult your doctor before you use Relactagel. Relactagel may cause mild irritation during fungal infections (thrush) or when there are small cracks or tears in the vaginal tissue.

## 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.

## WHEN SHOULD YOU CONSULT YOUR DOCTOR ?

A physician should be consulted if symptoms become worse, if symptoms do not diminish following a course of treatment or if new or unusual symptoms become apparent. If a vaginal infection occurs during pregnancy consult your obstetrician.

## 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.

Keep out of reach and sight of children.

Once used the tube can be disposed of in accordance with local and environmental regulations.

## PACKAGING

Each box contains 7 x 5 ml single dose tubes.

## Manufactured and Distributed by:

Kora Healthcare  
Swords Business Park, Swords, Co Dublin, Ireland  
INT TEL: +353 - 1 - 8900 406  
UK TEL: 0845 - 303 8631

For more information visit:  
[www.korahealthcare.com](http://www.korahealthcare.com)

Date leaflet last revised: MAY 2013



0120



For single use only

Ref: IE\_UK\_PI\_Relactagel\_VE5.0\_10-055