



Boric Acid Pessary

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This leaflet provides important information about using Boric Acid Pessary.

You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Boric Acid Pessary.

Where to find information in this leaflet:

1. Why am I using Boric Acid Pessary?
2. What should I know before I use Boric Acid Pessary?
3. What if I am taking other medicines?
4. How do I use Boric Acid Pessary?
5. What should I know while using Boric Acid Pessary?
6. Are there any side effects?
7. Product details

1. WHY AM I USING BORIC ACID PESSARY?

Boric Acid Pessary are a compounded product that contains the active ingredients Boric Acid.

Boric Acid is used to treat vulvovaginal candida (VVC) infections. Candida are a family of yeasts which live in the human gastrointestinal and genital tract. VVC infections occur when there is an overgrowth of candida in the vulvovaginal area. Candida Albicans is the most common species causing VVC infections and can be treated with common oral or topical medications.

However, about 5% of VVC infections are caused by a different type of candida, called candida glabrata. Boric acid is used for VVC infections caused by candida glabrata.

Your doctor may prescribe Boric Acid Pessary for another purpose.

Ask your doctor if you have any questions about why Boric Acid Pessary has been prescribed for you.

There is no information on the use of this medicine in those below 18 years of age.

This medicine is available only with a doctor's prescription.

2. WHAT SHOULD I KNOW BEFORE I USE BORIC ACID PESSARY?

Warnings

Do not use Boric Acid Pessary if:

- you are allergic to Boric Acid, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine. Some of the symptoms of an allergic reaction may include:
 - shortness of breath;
 - wheezing or difficulty breathing;
 - swelling of the face, lips, tongue or other parts of the body;
 - rash, itching or hives on the skin.
- You are currently taking other forms of Boric Acid, including in supplements (e.g. magnesium) or medicines (e.g. estrogen, progesterone) which effect this treatment as it may increase risk of side effects.
- Ask your doctor or pharmacist if you are not sure if you have been taking one of these medicines.
- Always check the ingredients to make sure you can use this medicine.
- Do not take Boric Acid Pessary if the packaging is torn or shows signs of tampering.
- Do not take Boric Acid Pessary if the expiry date (EXP) printed on the pack has passed.
 - If you take this medicine after the expiry date has passed, it may not work as well.

Check with your doctor if you:

- you are allergic to any other medicines, foods, dyes, or preservatives take any medicines for any other condition
- you have or have had any other health problems or medical conditions, including:
 - Problems with your kidneys, liver or heart

During treatment, you may be at risk of developing certain side effects. It is important you understand these



risks and how to monitor for them. See additional information under Section 6. Are there any side effects?

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Your doctor will discuss the benefits and risks of using Boric Acid Pessary when pregnant or breastfeeding.

3. WHAT IF I AM TAKING OTHER MEDICINES?

Some medicines may interfere with Boric Acid Pessary and affect how it works.

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Boric Acid Pessary.

4. HOW DO I USE BORIC ACID PESSARY?

How much to take / use

- Follow the instructions provided and use Boric Acid Pessary until your doctor tells you to stop.
- A variety of factors are taken into consideration when developing a treatment regimen and dosing needs to be titrated to individual requirements.

Do NOT swallow the pessary / capsule.

It is for vaginal use ONLY.

- It may be best to use this immediately before bed.
- Wash your hands and vaginal region using mild soap and water
- Lower into a squatting position, or lie on your back and bend your knees with your legs lightly apart
- Using your finger or an applicator, insert the boric acid pessary/capsule as far into your vagina as it can comfortably go.
- Wash your hands.
- You should repeat the above steps at the
 - same time each night for 2 weeks, or as
 - directed by your doctor.

If you forget to use Boric Acid Pessary

Boric Acid Pessary should be used regularly at the same time each day. If you miss your dose at the usual time,

do not take a double dose to make up for the dose you missed.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose you missed.

If you use too much Boric Acid Pessary

If you think that you have used too much Boric Acid Pessary, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre **(by calling 13 11 26)**, or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

If you take too much Boric Acid Pessary, you may experience:

- **Discomfort, redness and discharge at insertion site or vaginal area**
- **Allergic reactions (rash, itching)**

5. WHAT SHOULD I KNOW WHILE USING BORIC ACID PESSARY?

Things you should do

Keep all your doctor's appointments so your progress can be checked.

Your doctor may do some tests from time to time to prevent unwanted side effects.

Call your doctor straight away if you:

- are about to be started on any new
- medicines, remind your doctor or pharmacist that you are taking Boric Acid Pessary.
- are going to have surgery, tell the surgeon or anesthetist that you are taking this medicine.

It may affect other medicines used during the surgery.

- If you become pregnant while taking this medicine, tell your doctor immediately.
- If you are about to have any blood tests, tell your doctor that you are taking this medicine.
- It may interfere with the results of some tests.



- Remind any doctor, dentist or pharmacist you visit that you are using Boric Acid Pessary.

Things you should not do

- Do not take Boric Acid Pessary to treat any other complaints unless your doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.
- Do not take more than the recommended dose.
- Do not stop taking your medicine or change the dosage without checking with your doctor.
- If you stop taking it suddenly, your condition may worsen, or you may have unwanted side effects..

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Boric Acid Pessary affects you.

This medicine may cause dizziness or a feeling of unsteadiness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

Drinking alcohol

Tell your doctor if you drink alcohol.

Looking after your medicine

- Keep your capsules in their container until it is time to use them. If you take the capsules out of their container they may not keep well.
- Discard unused/left out medication appropriately.
- Keep Boric Acid Pessary in a cool, dry place where it stays below 25°C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, **do not store it:**

- in the bathroom or near a sink, or
- in the car or on window sills
- Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. ARE THERE ANY SIDE EFFECTS?

Boric Acid Pessary helps most people with MS, but it may have unwanted side effects in some people.

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less Serious side effects

Less serious side effects	What to Do
Genitourinary issues: • Discomfort • Discharge • Irritation and redness in vaginal area Allergic Reactions: • Rash • Itching Non-specific issues: • Fatigue or Drowsiness • Headache	Speak to your doctor if you have any of these less serious side effects and they worry you.

Serious side effects

Serious side effects	What to do
Gastrointestinal Issues: • Nausea • Vomiting • Diarrhea • Stomach cramps • Decreased urine output Neurological issues: • Muscle twitches • Seizures • Convulsions Allergic reaction-related: • Difficulty breathing (shortness of breath) • Swelling of the face, mouth, lips, throat, or tongue • Reddening or itching of the skin These are very serious side effects. You may need urgent medical attention or hospitalisation.	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects. Serious side effects are rare.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.



Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By

reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. PRODUCT DETAILS

This medicine is only available with a doctor's prescription.

What Boric Acid Pessary contains

Active ingredient (main ingredient)	Boric Acid
Other ingredients (inactive ingredients)	None
Potential allergens	None

Boric Acid Pessary does not contain lactose, sucrose, gluten, tartrazine, or any other azo dyes.

Do not take this medicine if you are allergic to any of these ingredients.

Who distributes Boric Acid Pessary

Midland Pharmacy & Compounding Centre
10/401 Great Eastern Highway
MIDLAND , WA 6056

EMAIL: info@midlandpharmacy.com.au

ORDER ONLINE: www.midlandpharmacy.com.au

This leaflet was prepared in October 2025

