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**使用前請仔細閱讀以下產品說明**，內容包括使用本產品時需要注意的重要資訊。請保留此產品說明，以作將來再次查閱。如有進一步疑問，請向醫生或藥劑師查詢。

## 蕙蘭 姿潤膏

— 使用指示 —

適用於陰道乾澀

可用於陰道和外陰範圍的乳霜

### 成份

Aqua, Benzyl Alcohol, Cetearyl Alcohol, Cetyl Palmitate, Lactic Acid, Octyldodecanol, Polysorbate 60, Sodium Lactate, Sorbitan Stearate. 蕙蘭 姿潤膏不含香料。

### 使用指引

紓緩陰道和外陰範圍的乾燥症狀 (乾燥可能會導致刺痛、痕癢及性行為時感到疼痛)；完全不含荷爾蒙。如有需要，可於性行為前使用 蕙蘭 姿潤膏。

### 產品資訊

蕙蘭 姿潤膏是一種平滑的白色乳霜，專為紓緩陰道乾澀症狀。蕙蘭 姿潤膏不含荷爾蒙 (雌激素)，因此可與荷爾蒙替代療法同時使用，或與含有荷爾蒙 (雌激素) 的陰道乳霜或陰道栓劑交替使用。蕙蘭 姿潤膏含 Lactic Acid，pH 值為 4.5，有助保持陰道的天然 pH 值。

蕙蘭 姿潤膏的兩種特質有助紓緩陰道乾澀症狀：

- 水份含量高，能滋潤陰道及外陰範圍的皮膚。
- 脂質成份能保持肌膚水嫩。

定期使用蕙蘭 姿潤膏有助預防陰道及外陰範圍受到刺激。

本產品可在性行為前使用，以減輕陰道乾澀。準備懷孕的女士亦可使用，本產品並不會影響精子的活動能力。

### 「陰道乾澀」症狀須知

陰道乾澀症狀可對受影響女士的生活質素造成嚴重影響。乾澀的感覺通常伴隨其他不適，如涉及陰道、陰道口及外陰範圍的痕癢、刺痛、輕微損傷和疼痛。在不少個案中，這些症狀亦可能會令性行為時感到疼痛。

受影響的年齡尤其介乎 40 至 45 歲的女士 (由於正常衰老而導致的體質變化) 及隨後數年。導致陰道乾澀的原因之一是陰道內所產生的分泌減少。此外，陰道及外陰範圍的皮膚會變得更薄、更脆弱。這個過程雖然是必經階段，但會帶來一定程度的不適。在接受子宮或卵巢手術後、懷孕和哺乳期間或服用避孕藥，荷爾蒙變化或波動亦可能導致陰道乾澀症狀出現。

除了上述原因，有些藥物甚至壓力亦可能導致內陰及外陰乾澀。

### 使用蕙蘭 姿潤膏

蕙蘭 姿潤膏專為用於陰道和外陰範圍，可按需要選擇使用附送的塗抹器。

如要紓緩陰道口或外陰範圍的不適，請以乾淨手指塗抹姿潤膏，每日可按需要使用數次；每次使用約 0.5 厘米長的 姿潤膏即可。

如要紓緩陰道內部範圍的不適，可使用附送的塗抹器將 蕙蘭 姿潤膏推進至陰道內。請將 姿潤膏填滿至塗抹器的一半 (約 2.5 克姿潤膏；請參考「使用方法」)。蕙蘭 姿潤膏應每日使用，建議於晚間睡前 (如有需要，請使用護墊)。一旦症狀得到改善，您可以按需要減少使用次數。為使塗抹器更易推進陰道，可在陰道口周圍塗抹少量 蕙蘭 姿潤膏。

本產品可在性行為前或月經期間使用。

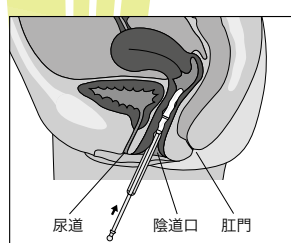
若身體對 蕙蘭 姿潤膏無過敏現象，產品可長時間使用，亦適用於懷孕期間 (但不應使用塗抹器；請參考懷孕期間的使用方法) 及哺乳期間的女士。

### 使用方法

- 鬆開塗抹器的柱塞，以便柱塞能在塗抹器管內移動
- 扭開 蕙蘭 姿潤膏的蓋子，將塗抹器連接到姿潤膏的管口上
- 均勻地輕輕擠壓鋁管，將蕙蘭 姿潤膏填滿至塗抹器管身的一半 (約 2.5 克)
- 將塗抹器從管口移開
- 將塗抹器放入陰道時，您可仰臥或站立 (像使用衛生棉條時)。請小心把塗抹器盡量推進至陰道深處；按下柱塞以清空塗抹器，將姿潤膏注入陰道內 (見圖)。

使用後，請用以下方式清潔塗抹器：將柱塞的球狀末端緊按於穩固表面，以分開柱塞和塗抹器管身。之後，請用溫水分別清潔柱塞及塗抹器管身。

### 將塗抹器放入陰道



### 懷孕期間的使用指示

懷孕期間請勿使用塗抹器注入蕙蘭 姿潤膏。請以乾淨手指將約 2 厘米長的蕙蘭 姿潤膏放入陰道內。

### 配合安全套使用的注意事項

本 姿潤膏可於性行為前使用，以紓緩陰道乾澀症狀。根據最新研究結果，蕙蘭 姿潤膏會影響安全套和子宮帽/子宮托 (由橡膠或聚氨酯或聚異戊二烯製成) 的抗撕裂強度。因此，作為預防措施，請勿將本產品與安全套或子宮帽/子宮托同時使用。

### 可能出現的副作用

短暫輕微的刺激反應 (如痕癢、刺痛) 可能會出現；有少部份情況可能會有強烈的皮膚過敏反應 (如紅腫、痕癢、刺痛)，並可能持續較久。如有關症狀持續而且沒有改善，請停止使用本產品並諮詢醫生。如您有其他任何不良反應，請聯絡您的醫生或藥劑師。

### 使用限制

如果陰道乾澀的症狀較為嚴重，請先諮詢醫生的建議。

如已知對產品任何成份敏感，請勿使用蕙蘭 姿潤膏。請勿在分娩後立即使用本產品。如果您有陰道感染的情況 (如念珠菌症)，請勿使用蕙蘭 姿潤膏並諮詢醫生的建議。

如藥管或塗抹器受損，或產品外觀有異，請勿使用，並請通知生產商。

### 存放及保質期

請存放於兒童視線外並不能觸及的地方。

請保持鋁管蓋緊，並不要存放於攝氏 25 度以上。請勿使用過期的蕙蘭姿潤膏，有效期印於包裝盒蓋及 (或) 鋁管捲摺處。

請於開封後六個月內使用。

### 包裝尺寸

包裝盒內鋁管含 50 克用於陰道及外陰範圍的蕙蘭 姿潤膏

包裝內附有用於將 姿潤膏注入陰道內的塗抹器。

### 生產商

Dr. August Wolff GmbH & Co. KG  
Arzneimittel  
Sudbrackstrasse 56  
33611 Bielefeld, GERMANY  
電話：+49 521 8808-05  
傳真：+49 521 8808-334  
電郵：[info@wolff-arzneimittel.de](mailto:info@wolff-arzneimittel.de)  
[www.vagisan.com](http://www.vagisan.com)

### 批發商

大昌華嘉香港有限公司  
香港黃竹坑  
業興街 11 號南匯廣場 A 座 23 樓

### 內文修訂日期

2016 年 3 月

DR·WOLFF

### 包裝盒及鋁管上符號的含義：

批次編號	此日期前最佳	請遵照使用指示	請勿存放於攝氏 25 度以上

Dear User,

**Please read the following package leaflet carefully**, because it contains important information that you need to be aware of when using this medical device. Keep this package leaflet. You may wish to read it again later. If you have any further questions, ask your doctor or pharmacist.

## Vagisan® MoistCream

### – Instructions for use –

#### For vaginal dryness

#### Cream for application in the vagina and to the external genital area

#### Ingredients

Aqua, Benzyl Alcohol, Cetearyl Alcohol, Cetyl Palmitate, Lactic Acid, Octyldodecanol, Polysorbate 60, Sodium Lactate, Sorbitan Stearate. Vagisan MoistCream contains no fragrances.

#### Indications for use

For symptoms caused by dryness of the vagina and external genital area (dryness which may result in stinging, itching and painful intercourse) – entirely without hormones. If necessary, Vagisan MoistCream can also be used to facilitate sexual intercourse.

#### Product information

Vagisan MoistCream is a smooth, white cream developed for use in symptoms of vaginal dryness. Vagisan MoistCream contains no hormones (oestrogens) and can therefore be used alongside hormone replacement therapy or alternating with vaginal creams or pessaries that do contain hormones (oestrogen). Thanks to the addition of lactic acid, the cream is set at a pH of 4.5. As a result, Vagisan MoistCream helps maintain a natural pH within the vagina.

Two effects contribute towards the relief of symptoms of vaginal dryness by Vagisan MoistCream:

- The cream has a high water content, thereby moisturising the skin within the vagina and external genital area.
  - Nurturing lipids (fats) keep the skin supple.
- Regular use of Vagisan MoistCream may help prevent irritation within the vagina and external genital area.

The cream can also be used for vaginal dryness before sexual intercourse. In women wishing to conceive, there are no contraindications to using Vagisan MoistCream for vaginal dryness, as sperm motility is not impaired.

#### What you should know about the symptoms of “vaginal dryness”

The symptoms of vaginal dryness can severely affect the quality of life of those women affected. The sensation of dryness is often accompanied by other discomfort, such as itching, stinging, minor lesions and soreness involving the vagina, vaginal opening and external genital area. In many cases, these symptoms also make sexual intercourse painful.

Particularly affected are women from the age of 40 to 45 (when bodily constitution changes due to normal aging) and during years thereafter. In such cases, the symptoms of vaginal dryness are, amongst other reasons, caused by reduced production of vaginal fluid within the vagina. In addition, the skin becomes thinner and more fragile. Whilst this process is quite normal, it can bring considerable discomfort. After womb or ovarian surgery, during pregnancy and breast-feeding or while taking the Pill, hormone changes or fluctuations can also lead to symptoms of vaginal dryness.

Moreover, some medications and even stress can also be associated with dryness in the internal and external genital area.

#### Using Vagisan MoistCream

Vagisan MoistCream is intended for application in the vagina and to the external genital area. Vagisan MoistCream can be applied with or without an applicator.

For symptoms in the vaginal opening and external genital area, use a clean finger to apply and spread the cream up to several times a day as needed; a ribbon of cream about 0.5 cm long is sufficient. To make it easier to insert the applicator, a small amount of cream can also be applied to the area around the vaginal entrance.

Vagisan MoistCream can be inserted into the vagina using the applicator provided. To do this, fill the applicator halfway (about 2.5 g cream, see also “Directions for use”). The cream should be applied daily, preferably in the evening before bedtime (if necessary, wear a panty liner). Once symptoms have improved, you can reduce how often you use the cream, depending on your needs.

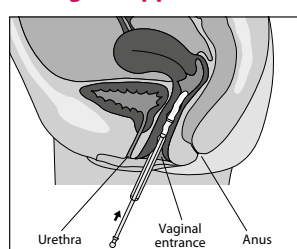
The cream can also be used before sexual intercourse or during menstrual periods. If Vagisan MoistCream is well tolerated, it may also be used over prolonged periods, even during pregnancy (without the applicator; see Instructions for use during pregnancy) and breast-feeding.

#### Directions for use

- Loosen the plunger, so that it can be moved inside the applicator barrel
- With the tube opening facing upwards, attach applicator onto tube opening
- Fill the applicator barrel halfway with cream (about 2.5 g cream), by gently and evenly squeezing the tube
- Remove the applicator from the tube

- You can insert the applicator into the vagina whilst lying down (on your back) or standing up (like when inserting a tampon). Carefully insert the applicator as deeply as possible into the vagina; push the plunger to empty the applicator and insert the cream into the vagina (see diagram). After use, clean the applicator as follows: firmly press the spherical end of the plunger onto a firm surface. This will separate the plunger from the applicator barrel. Then clean the plunger and barrel separately in warm water.

#### Inserting the applicator into the vagina



#### Instructions for use during pregnancy

For safety reasons, the applicator should not be used to insert the cream during pregnancy. Instead, a ribbon of cream about 2 cm long can be inserted into the vagina using a clean finger.

#### Notes for use with condoms

The cream can be used before sexual intercourse to help to alleviate symptoms of vaginal dryness. Based on the very latest findings, the tear strength of condoms and caps/diaphragms (made of latex or polyurethane or polyisoprene) can be compromised with simultaneous use of Vagisan MoistCream; as a precautionary measure the cream should therefore not be used with condoms or caps/diaphragms.

#### Possible side effects

Mild local irritation (itching, stinging) may temporarily occur. Rare: strong skin irritation and hypersensitivity reactions (e. g. redness, itching, stinging) may occur that may persist a while longer. If such symptoms persist and do not improve, you should stop using Vagisan MoistCream and consult a doctor. If you notice any other unpleasant effects, please talk to your doctor or pharmacist.

#### Restrictions on use

A doctor should be asked for advice first in cases of stronger symptoms caused by vaginal dryness.

Vagisan MoistCream must not be used in case of known hypersensitivity or allergy to any of the ingredients. The cream must not be used immediately after childbirth. Similarly, do not use Vagisan MoistCream if you have a vaginal infection (e.g. thrush); in this event, you should talk to your doctor.

If the tube or applicator is damaged, or if there are any changes in the appearance of the cream, do not use the product and inform the manufacturer.

#### Storage and shelf life

Store Vagisan MoistCream out of the reach and sight of children. Keep the tube tightly closed and do not store above 25°C. Do not use Vagisan MoistCream after the expiry date which is printed on the flap of the packaging and/or tube crimp. After opening, the cream has a shelf life of 6 months.

#### Pack sizes

Tube packed in an outer carton, containing 50 g cream for application in the vagina and to the external genital area.

The pack also contains an applicator for vaginal insertion of the cream.

#### Manufacturer

Dr. August Wolff GmbH & Co. KG Arzneimittel  
Sudbrackstrasse 56  
33611 Bielefeld, GERMANY  
Tel.: +49 521 8808 05  
Fax: +49 521 8808 334  
E-mail: [info@wolff-arzneimittel.de](mailto:info@wolff-arzneimittel.de)  
[www.vagisan.com](http://www.vagisan.com)

#### Distributor

DKSH Hong Kong Limited  
23rd Floor, Tower A, Southmark  
11 Yip Hing Street  
Wong Chuk Hang, HONG KONG

#### Date of revision of the text

March 2016

DR·WOLFF

#### Meaning of the symbols on the outer pack and tube:

Batch number	Best before	Follow the instructions for use	Do not store above 25°C