

# Fingertip Application Method for Estrogen Vaginal Cream

**1** Wash your hands with soap and water and dry thoroughly.

**2** Squeeze out enough cream from the tube to cover 1/2 of your index finger. (see figure 1)

**3** Locate the vaginal opening (see diagram). Immediately above the vagina is the urethra (a small opening where urine is eliminated from your body). The urethra may not be as easily identified as the vagina because the opening is much smaller. however, use the diagram to determine its approximate location.

**4** Carefully spread the cream onto the external vaginal/urethral area (see figure 2, yellow highlighted area). As the cream is spread, some may be gently inserted into the vagina; however, it is not necessary to push the cream high into your vagina.

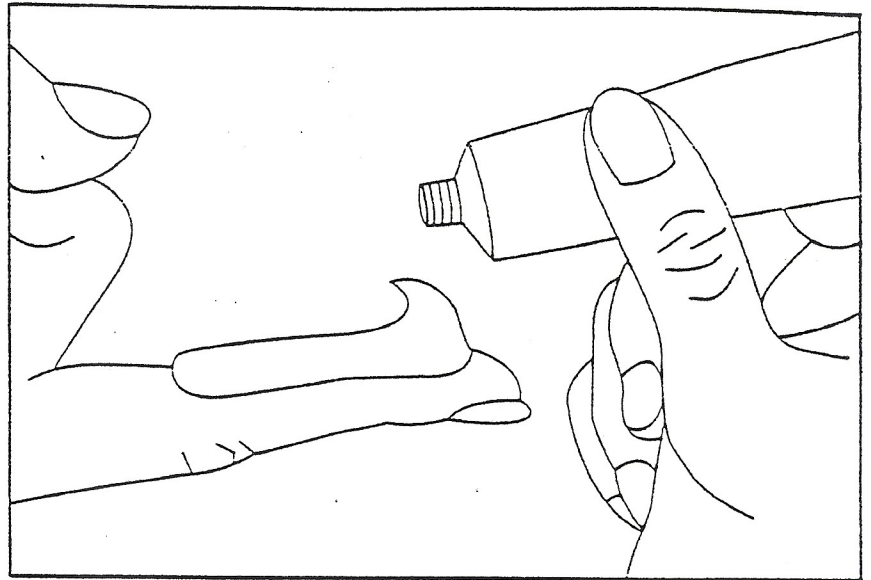


Figure 1

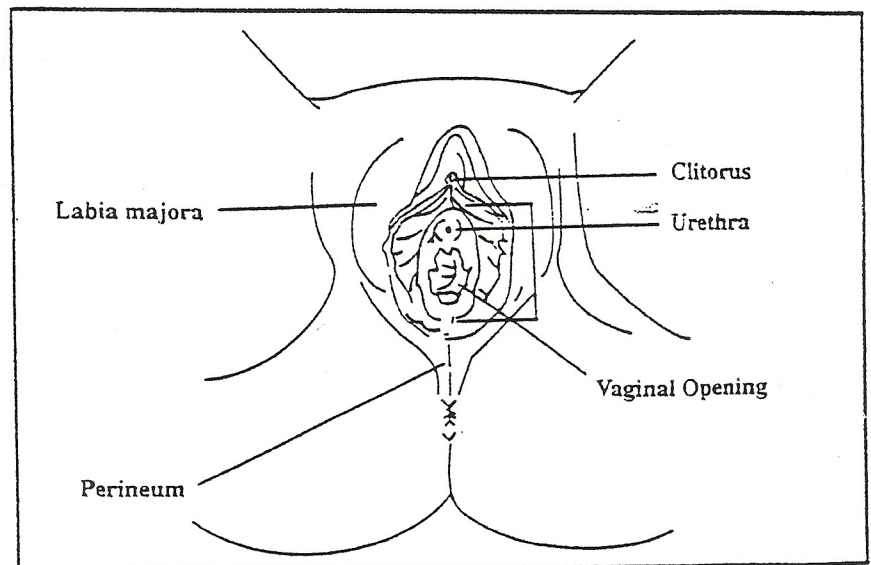


Figure 2