

# Vaginal Boric Acid

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## Why use vaginal boric acid?

Boric acid is a chemical with anti-bacterial and anti-fungal properties. It has been shown to be effective at treating and preventing vaginal yeast infections. Boric acid is not effective at managing infections of the vulva (external genitalia).

Boric acid is available over the counter but it is best to have a prescription from your physician for directions on appropriate use.

## How do I use boric acid?

Boric acid is to be used as a vaginal suppository, ***it should not be consumed orally as it is toxic*** (see below).

You physician will direct you how best to use boric acid. Generally, vaginal boric acid can be used in two ways – as a treatment regimen for non-typical yeast infections (which must be confirmed with a culture) or a prevention regimen for recurrent yeast infections.

### **Treatment Regimen (for non-typical yeast infections):**

1. Before going to bed, use your finger or an applicator to insert one 600mg capsule into the vagina each night for 14 days.

### **Prevention Regimens (for recurrent yeast infections):**

1. Insert one 600mg capsule into the vagina two nights per week for 3-6 months as directed by your physician.
2. If you get recurrent yeast infections with your period, then insert one 300mg capsule into the vagina nightly x 5 nights starting on the first day of your period.

## What else should I know about boric acid?

***Boric acid is toxic if ingested by mouth. Store it in a safe location away from pets and children. There should be no receptive oral intercourse while using boric acid. Boric acid should NOT be used in pregnancy as it can be harmful to the fetus.***

There are minimal side effects with vaginal boric acid when using the appropriate dose. Some patients will notice burning at the entrance of the vagina when starting to use boric acid but this typically subsides over 1-2 days.