



Vaginal Estrogen Ring Shortage

For the current status of drug shortages and discontinuations, refer to Drug Shortages Canada at www.drugshortagescanada.ca.

TABLE 1: Vaginal estrogen ring marketed in Canada¹

Product	Strength	DIN	Manufacturer
Estring	2 mg	02168898	Pfizer

Health Canada-approved indications for vaginal estrogen ring:²

- Indicated for postmenopausal urogenital complaints due to estrogen deficiency such as feeling of dryness in the vagina (atrophic vaginitis) with or without pruritus vulvae, dyspareunia, dysuria and urinary urgency (atrophic mucosa in the urethra and trigonum)

Management options:³

Vaginal estrogen therapy can be used alone to treat genitourinary syndrome of menopause (GSM) (including symptoms of vaginal atrophy). It can also be added to systemic menopausal hormone therapy (HT) to address vaginal symptoms despite using HT.

There is insufficient evidence to recommend one form of vaginal estrogen over another. The ideal choice should depend on several factors (e.g., cost, patient adherence, patient preference). Available forms of vaginal estrogen include creams, intravaginal tablets and estradiol-releasing rings. See Table 2.

Nonhormonal therapies such as vaginal moisturizers can be used to relieve some symptoms of GSM including vaginal dryness and dyspareunia. Vaginal lubricants can also be used as needed for symptoms such as dyspareunia. See Table 3.

The information presented here is generalized, and patients should be assessed on an individual basis. Patient assessment requires professional knowledge and judgment beyond the scope of this document. Consult CPS Full Access or other references if required.

TABLE 2: Alternative vaginal estrogens³

Drug	Dosage	Adverse Effects
Conjugated estrogens (CE) vaginal cream (Premarin Vaginal Cream)	0.5 g (0.3 mg CE) daily for 14 days, followed by 0.5 g (0.3 mg CE) 2-3 times weekly	Local burning, irritation, vaginal leakage.
17-beta estradiol vaginal tablet (Vagifem 10)	10 mcg intravaginal tablet once daily for 2 wk then twice weekly	Local burning, irritation, vaginal leakage.
17-beta estradiol vaginal insert (Imvexxy)	4 mcg intravaginal insert once daily for 2 wk then twice weekly; 10 mcg insert may be used if higher dose is needed for clinical response	Local burning, irritation, vaginal leakage.
Estrone vaginal cream, 0.1% (Estragyn Vaginal Cream)	Cyclic regimen: 0.5-4 g (0.5-4 mg) daily vaginally, 3 wk on followed by 1 wk off Continuous regimen: 0.5-4 g (0.5-4 mg) daily vaginally, 2-3 times weekly	Local burning, irritation, vaginal leakage.

TABLE 3: Vaginal moisturizers and lubricants³

Drug	Dosage	Adverse Effects
Polycarbophil gel (Replens)	Apply 2-3 times weekly	None
Vaginal hyaluronic acid hydrogel (Zestica moisture)	Insert applicatorful daily for 5 days then reduce usage to 2-3 times weekly, if needed	None
Vaginal hyaluronic acid gel/vitamin E (Gynatrof)	Insert 1 applicatorful daily for 7 days, followed by 1 application 2 times weekly	None
Natural labial moisturizing cream (Cleo)	Apply onto vulvar and labial regions as needed	None
Natural vaginal suppository (Mae)	Insert 1 ovule daily at bedtime vaginally as needed or every 2-3 days	None
Gels or jelly, vaginal (Astroglide, K-Y Jelly)	Apply when needed	None

References

1. Health Canada. *Drug product database online query* [internet]. Available from: <https://health-products.canada.ca/dpd-bdpp/index-eng.jsp>. Accessed April 19, 2024.
2. CPS: Drug Information. *Estring* [drug monograph]. Canadian Pharmacists Association; 2017. Available from: <https://cps.pharmacists.ca>. Subscription required.
3. Yuksel N. *Menopause* [internet]. May 1, 2021. Available from: <https://cps.pharmacists.ca>. Subscription required. Accessed April 17, 2024.