

How To Use Aldara Cream



IH-V-200
W.D. 6/04
Pg. 1 of 2

Your health care provider has given you a prescription for Aldara (Imiquimod 5%) Cream. This medicine is for a precancerous (cells that are not normal and may grow into cancer) condition that you have on the skin of your vulva (the skin outside the vaginal opening).

Using this cream **may** help your condition and **may** keep cancer from growing. The U.S. Food and Drug Administration (USFDA) has **not** approved the use of this cream for your condition. This is because it has not been used for this medical problem for very long, or in many patients. There is not enough scientific proof to say if Aldara Cream works or not. It may or may not help you. Research shows that this cream can help some patients with problems like yours. Your health care providers thinks that you should try using this cream because:

- Other kinds of treatment have not helped you in the past.
- They feel that other treatments may cause problems that this cream may not.

If you have any questions about this treatment, please ask us. You can choose whether or not you want to try this treatment.

What if I am pregnant?

Do not use this cream if you are pregnant, think you might be pregnant, or plan to get pregnant soon. This medicine can cause your baby to be born with problems or it may cause you to have a miscarriage. You **must** keep from getting pregnant while using this medicine. Your health care provider will talk with you about the best way for you to keep from getting pregnant. Some ways to keep from getting pregnant are:

- Birth control pills
- The IUD
- Depo-Provera

It is up to you not to get pregnant while using Aldara, but we will do everything we can to help you.

How do I put on Aldara cream?

1. Always wash your hands before and after touching your vulva.
2. Lie down and use a hand-held mirror to look at your vulva so you can see where to put the cream. During your clinic appointment, your health care provider will show you where the abnormal skin is.



3. Put the cream on at bedtime every other day (3 times a week). You can choose Monday-Wednesday-Friday **or** Tuesday-Thursday-Saturday. Do not use this medicine more than 3 nights in a week. Using it more will not help it work better or faster, and you will have more side effects.

4. Put a pea-sized drop of cream on your finger and rub it into the abnormal skin until it soaks in.



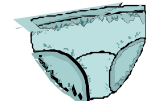
5. You do not need to wear gloves when you put on the cream. After putting it on, wash your hands with soap and water.



6. In the morning, wash your vulva with mild, unscented soap. Rinse with water.

7. Do not put a bandage over the cream.

8. Wear loose fitting cotton underpants and do not wear tight-fitting pants.



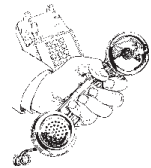
9. Keep the Aldara cream in a safe, dry, cool place where children cannot get into it.

You will have some redness, burning and vaginal discharge while you are using this cream. This is normal and usually is not very bad. This shows that the cream is working. You can use a cool damp washcloth or cool tea bags to soothe the skin of your vulva if it is sore. You can take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) for pain. Follow the instructions on the label. Never take medicine to which you are allergic.



Warnings

- If you have soreness or pain that bothers you a lot, call the clinic and skip your next dose of cream. Do not start using the cream again until your skin is better.
- Do not have sex while the cream is on your skin or if the skin of your vulva is red, sore or painful.
- This cream can make condoms and diaphragms weak and they may break. Use a different way to keep from getting pregnant.
- This cream may make the skin darker or lighter than the skin around it. These changes may not go away.



If you have any problems or questions while you are using Aldara cream, please call the Parkland Gyn. Clinic at 214-590-_____. Ask to speak to _____.

Keep your next appointment!