

How To Use Efudex Cream



IH-V-201
W.D. 6/04
Pg. 1 of 2

Your health care provider has given you a prescription for Efudex (Fluorouracil 5% or 5 FU) Cream. This medicine is for a precancerous (cells that are not normal and may grow into cancer) condition that you have in your vagina.

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 Efudex 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 provider 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 Efudex but we will do everything we can to help you.

How I do put on the Efudex Cream?

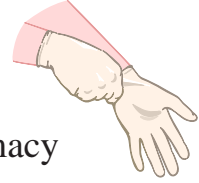
1. Always wash your hands before and after using Efudex.
2. Use Efudex just before you go to bed at night so that the cream stays in your vagina for as long as possible.



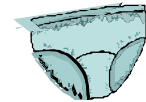
3. Put a thick layer of a diaper rash ointment that has zinc oxide in it on the skin outside
(over)

your vagina and around your anus. This helps keep your skin from being burned by the Efudex Cream that leaks out of your vagina.

4. You need to wear latex or rubber gloves to put on the Efudex Cream. Do not let the cream get on your hands or any other parts of your body except inside your vagina. You can buy gloves or finger cots in a pharmacy or in stores such as Walmart or Target.



5. Fill the plastic applicator (tube) half-way full with Efudex cream. Lie down, and put the applicator as far as you can into your vagina. Then push in the plunger. This will push the cream out of the applicator and into your vagina. Put the used applicator in a plastic bag to wash out in the morning. Once the cream is in, try not to get up for the rest of the night.
6. Use the cream for three nights in a row the first week. After that, for the next 9 weeks, use the cream one night a week. Use it on the same night each week.
7. Keep the applicator clean and dry between the times you use it.
8. Keep your vulva (the skin outside the vaginal opening) clean and dry.
9. Wear loose fitting cotton underpants and do not wear tight-fitting pants.
10. Keep the Efudex cream in a safe, dry, cool place where children cannot get into it.

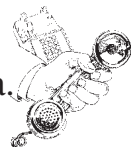


You will have some redness, burning and vaginal discharge while you are using this cream. This is normal, and usually is not very bad. It shows that the cream is working. You can use a cool damp washcloth or cool tea bags to soothe the skin of your vulva if it is sore. You can take acetaminophen (Tylenol)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



Warnings

- Do not use more cream or use it more often than your health care provider tells you to. You could have a bad burn and scars that will not go away on your vagina.
- 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 in your vagina or for the next 48 hours (2 days) after you have used it. Do not have sex if your vagina or the skin of your vulva is red, sore or painful.
- When you do have sex, be sure your male partner wears a condom. He should wash his hands and private parts (genital area) with soap and water right away after having sex.
- Do not have oral sex while you are using this cream.



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

Keep your next clinic appointment!