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The above information provided is for reference only. Please consult your doctor or pharmacy staff for any enquiries.

此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。

Contact 聯絡

Drug information Hotline 藥物查詢熱線：

2339 8964

Website: <https://www.hkbh.org.hk>

Pharmacy Department 08-2022

藥劑部 08-2022



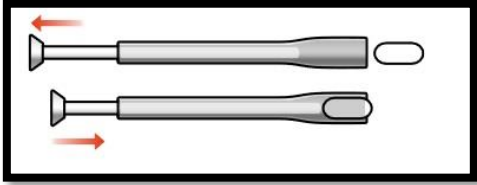
HOW TO USE PESSARY (VAGINAL TABLET) 陰道栓劑 (陰道藥片) 的使用方法

Precautions 注意事項

- ◆ It is important to complete the whole treatment course even though symptoms such as itching/ discharge may have disappeared.
即使痕癢或分泌物症狀消退，仍需完成整個療程。
- ◆ Pessary is usually used before bedtime unless otherwise directed.
除非另有指示，建議於睡前使用栓劑。
- ◆ Store in a cool, dry place away from direct heat and light unless otherwise specified on the label.
除非標籤上另有說明，否則把栓劑存放在陰涼乾燥處，遠離直接熱源和光照。



Pharmacy Department 藥劑部



Steps of using pessary: 使用陰道栓劑的正確步驟

1. Wash hands thoroughly with soap.
用肥皂徹底清洗雙手。
2. Unwrap the pessary.
除去栓劑外的包裝。
3. Lie on your back with knees bent and spread your legs apart to allow insertion of the pessary.
仰臥床上，屈起雙膝並把雙腿張開，然後放入栓劑或投藥器。



4a. If an applicator is NOT available: 如沒有投藥器：

Use fingers to gently insert the pessary as deeply as comfortable into the vagina.
用手指輕輕地把栓劑推進陰道深處。

4b. If an applicator is available: 如有投藥器：

Pull the plunger outwards and carefully place the pessary into the end of the applicator.
把投藥器的活塞拉出，並小心地將栓劑放入投藥器。

Gently insert the loaded applicator as deeply as comfortable into the vagina.
將栓劑輕輕地推進陰道深處。

Press the plunger to release the pessary into the vagina then remove the applicator.
按下活塞，把栓劑釋放在陰道內，然後將投藥器整個拉出。

Pull out the plunger from the applicator.
Wash it with soap and water, rinse then dry.
把活塞從投藥器抽出，用肥皂和水清洗乾淨及弄乾。

5. Remain in the lying position to prevent the pessary from falling out
為避免栓劑掉出，請保持臥姿。
6. Wash your hands thoroughly after application.
用完栓劑後，徹底清潔雙手。

***Do not use an applicator if you are pregnant.**
懷孕期間，切勿使用投藥器。



Use a sanitary pad to prevent the pessary from leaking and staining your clothes.

Treatment can be continued during menstruation.

用藥期間可能會有藥液自陰道流出，可使用衛生巾以免沾污衣物。

月經期間可繼續用藥。
