



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

BUDESONIDE FOAM FOR THE TREATMENT OF VULVAL AND VAGINAL EROSIVE LICHEN PLANUS

You have been given this leaflet as you have been recommended Budesonide Foam treatment. We hope it answers any questions you may have.

BUDESONIDE FOAM TREATMENT

This treatment has been prescribed by your doctor for vulval erosive lichen planus.

The benefits may include a reduction in the level of symptoms, usually pain and itching. They may also reduce the sensation of burning when passing urine (dysuria).

Side effects may include minor irritation and if this persists after two weeks, please contact your hospital doctor.

Budesonide foam can also be used for other conditions including ulcerative colitis, but please do not use in the anal/back passage area. **For vulval and/or vaginal erosive lichen planus the treatment needs to be delivered to the vagina.**

HOW IS IT ADMINISTERED

The drug Budesonide is provided as a box of single use vaginal applicators and a foam canister and is to be delivered to the vagina in foam form from the canister (Fig1).

The steroid foam is low dose and absorbed in the vaginal body. You should not get any general absorption into the body (Fig2).

To administer:

- Attach a single use applicator to the canister (Fig 3 &4).
- Usually lying down, place the soft nozzle of the applicator into the vaginal around 3-4cms (not rectum) with the canister upside down.
- When in place, press down the dome of the canister and release. On release a dose (called a metered dose) of the foam will fill the vagina. There will usually be some leakage from the vagina to wipe away. This is not uncommon.
- Remove the device and lie down for 15 minutes for absorption.
- Finally, keep the canister and throw away the vaginal applicator.

The treatment course is given as one metered dose passed into the vagina nightly for two-four weeks, then alternative nights for two-four weeks and then a twice weekly maintenance.

If you have a good response to treatment, then your doctor might suggest you continue to use the foam on a twice a week maintenance regime.

PICTURE GUIDE

Fig 1 – Box as supplied



Nottingham Vulval Service 13/3/2021

Fig 2- Canister with foam



Fig 3- single use applicator



Fig 4 – ready for insertion into the vagina



Originated by Nottingham University Hospitals Vulval Service and kindly permitted for sharing

If you require any further information, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.

CONTACT DETAILS

Saint Mary's hospital, Oxford road:



To cancel/change appointments or to enquire about your results contact:

(0161) 701 4455 (option 5) Secretaries (08:30 – 17:00)



For non-urgent clinical advice within hours, please contact the Nurse Colposcopsis located at Saint Mary's Hospital, Oxford Road

(0161) 276 5485 (08:00 – 17:00)



Urgent clinical advice or advice out of hours please contact the Emergency Gynaecology Unit (EGU) located at Wythenshawe Hospital

(0161) 291 2561 (24 hours; 7 days)

EGU operates a telephone triage service, you must call and speak with a specially trained Nurse before attending