

Patient self-evaluation form

How to discuss vaginal health with your healthcare provider

Because sometimes it's hard to start talking about symptoms, especially vaginal health symptoms, here is a list of questions to help you make the most of your appointment. Take these questions with you to help begin a discussion about all the treatment options available and which ones may be appropriate for you.

Evaluate your vaginal health

- Do you have more discharge than normal?
- Is your discharge clear, whitish, yellowish, or grayish?
- Is its texture thin, thick, cottage cheese-like, or frothy?
- Does your discharge have a fishy odor?
- If you have symptoms, when did they begin?
- Do you have any other symptoms?
- Are you taking any medications or birth control pills?
- Have you recently changed sexual partners?
- Do you have more than one sexual partner?
- Are you pregnant?

If you have any unusual changes in the amount, color, or smell of your vaginal discharge, it is important that you let your healthcare provider know, even if he or she doesn't specifically ask about these symptoms, to help determine if you are experiencing symptoms of BV or a yeast infection.

If you think you have a vaginal infection

Visit your healthcare provider and ask if Clindesse[®] is right for you

Clindesse is the *only* one-dose treatment available for bacterial vaginosis for women who are not pregnant.^{1,6} In a survey of more than 20,000 women, 97% said they would use Clindesse again.⁷ Clindesse gives you what you want out of a BV treatment—fast symptom relief, less mess, and anytime dosing—what else could you ask for?^{1,7}

Clindesse[®] (clindamycin phosphate) Vaginal Cream, 2%, is indicated for the treatment of bacterial vaginosis in women who are not pregnant. Clindesse has not been adequately studied in pregnant women and should be used during pregnancy only as prescribed by your healthcare provider.

See your healthcare provider in order to rule out other vaginal infections, such as yeast infection, trichomoniasis, chlamydia, and other sexually transmitted diseases, before using Clindesse.

Do not use Clindesse if you have had a reaction to clindamycin, lincomycin, or any other Clindesse ingredients. Clindesse should not be used if you have experienced inflammation of the intestine or colon.

Important safety information for use of Clindesse

This cream contains mineral oil that may weaken latex or rubber products such as condoms or vaginal contraceptive diaphragms. Use of these birth control methods is not recommended during—or for 5 days following—treatment with Clindesse. During this time period, condoms may not prevent pregnancy or protect against HIV and other sexually transmitted diseases.

Talk to your healthcare provider if you experience diarrhea after treatment with Clindesse. Though rare, it may be indicative of colon inflammation.

The most frequently reported Clindesse side effects were fungal vaginal infection, vulvovaginal itching, and headache.

References: 1. Clindesse[®] (clindamycin phosphate) Vaginal Cream, 2%, prescribing information, Ther-Rx Corporation, November 2004. 2. Tindamax[®] (tinidazole tablets) prescribing information, Mission[®] Pharmacal Company, May 2007. 3. Cleocin[®] Vaginal Ovules (clindamycin phosphate vaginal suppositories) prescribing information, Pharmacia & Upjohn Company, January 2003. 4. MetroGel-Vaginal[®] (metronidazole vaginal gel) prescribing information, 3M Pharmaceuticals, January 2003. 5. Cleocin[®] (clindamycin phosphate vaginal cream) prescribing information, Pharmacia & Upjohn Company, August 2003. 6. Flagyl[®] ER (metronidazole extended release tablets) prescribing information, Pharmacia Corporation, March 1998. 7. Data on file, Ther-Rx Corporation.