



Mi-Gel®

Information for patients

Mi-Gel® is currently available from the following pharmacies

- **MyCompounder** (Boronia, VIC)
- **Stenlake Compounding Chemist** (Bondi Junction, NSW)
- **Ainslie Pharmacy** (Ainslie, ACT)
- **McKenzies Chemist** (Mt Lawley, WA)
- **The Compounding Lab** (Albion, QLD)
- **Green Dispensary Compounding** (St Peters, SA)
- **CompoundLabs** (Auckland, NZ)

Application

Use a clean finger to apply a pea-sized amount of gel (0.5ml) around the entry of your vagina each night. It is normal to sting slightly for a minute if your vaginal skin is quite thin, but this should improve with continued use. It may take up to two weeks of nightly application before noticing a benefit.

If your symptoms are severe, your doctor may recommend to apply MiGel® twice a day - morning and evening. Mi-Gel® can be applied to the area of pain or symptoms including the anus, perineum, vulva and vaginal entry. If the vulva is too painful to touch, apply to the skin between the vagina and anus, or as close to the area of pain as tolerated.

How and when to use Mi-Gel®

What is Mi-Gel®?

Mi-Gel® is a patented compounded product, which combines two active ingredients in a single gel for application to the vulva. The amitriptyline acts as a weak local anaesthetic, which treats the pain or irritation, and estriol is a pregnancy hormone which restores the flexibility and thickness of the vulval skin.

Mi-Gel® is only available through compounding via a script at this stage. TA Pharma® has partnered with a select group of compounding pharmacies to make Mi-Gel® available to those who need it.

Why use Mi-Gel®?

- Women who experience discomfort or pain in the vulva or vagina with sitting, tight clothing or during intimate touching, will benefit from using Mi-Gel®.
- You may have been told by a doctor that you have vulvodynia, pudendal neuralgia, vestibulitis or dyspareunia. Or you may have had recent surgery for prolapse with or without mesh. Some women may also experience vulval pain after a normal vaginal delivery.
- The prolonged use of oral contraceptive pills is thought to be one of the factors which may result in vulval pain. Some women reaching menopause may also suffer pain with intercourse due to thinning of the skin.
- In many women, however, there is no particular reason why the vulva is painful.

How to use Mi-Gel®

- Ask for a sample. It is a good idea to ask your doctor or pharmacy for a small sample of gel, enough for ten to fourteen days use. This will allow you to judge if this treatment is right for you.
- Mi-Gel® comes in a dose-pump vial. Each full depression of the plunger delivers 0.5mL of gel. Often a smaller amount is sufficient; simply depress the plunger only a short distance until you obtain the desirable amount of gel to apply.
- Keep the container at bedside, for easy access – this will remind you to use it before going to sleep. There is no need to keep the container in the refrigerator.
- Apply a small amount to the tip of your finger and wipe the gel either on the inside of the small labia or at the entrance to the vagina. If your pain is very focal, make sure you apply some of the gel to that site.
- It may take up to fourteen days before you start feeling a difference, so persevere!
- If the vulval pain resolves, it is recommended to continue application of the gel for several weeks

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MyCompounder (Boronia, VIC)

Stenlake Compounding Chemist (Bondi Junction, NSW)

McKenzies Chemist (Mt Lawley, WA)

Information for your Health Professional

Mi-Gel® is a proprietary formulation made available under licensing agreement to a number of trusted compounding pharmacies around Australia and New Zealand.

In order to provide your patient with Mi-Gel®, the script should read as follows;

Amitriptyline + Estriol in organogel (Mi-Gel® formulation)

30mL dose-pump

0.5mL daily

Please provide a sample of 3mL

Note that some patients may spread the daily dose into several applications over the course of the day.

Mi-Gel® contains two active ingredients: amitriptyline and estriol

1. Amitriptyline:

Class: tricyclic antidepressants

Mechanism of action: interferes with acetylcholine neurotransmission when taken orally. When applied topically, amitriptyline acts as a membrane stabiliser. In effect, topical amitriptyline is a weak local anaesthetic.

2. Estriol:

Class: female hormone – estriol is the pregnancy oestrogen. When not pregnant, the concentration of estriol is low and reasonably steady during the life cycle of a woman (including menopause).

Mechanism of action: Estriol stimulates the beta-oestrogen receptor (secondary oestrogen receptor, not present in the cell nucleus) – the true 'role' of Estriol is still not fully understood, for instance it is unclear why it is so high during pregnancy – does it play a role in immune suppression? – does it play a role in ligamentary and soft tissue relaxation? – in the non-pregnant woman, Estriol is remarkably effective in stimulating maturation of the vaginal and vulval skin.

Clinical indications for use of Mi-Gel®

Mi-Gel® is prescribed to women who complain of vulval and vaginal discomfort or pain.

Some of the clinical entities are;

- Vulvodynia
- Vestibulodynia
- Provoked vulval pain
- Entry dyspareunia
- Pudendal neuralgia
- Post-surgical neuralgia (pain after surgery)
- Episiotomy
- Prolapse repair (with or without mesh)
- Vestibulitis

Any woman who experiences discomfort or pain in the vulva or lower vagina with sitting, wearing tight clothing or during intimate touching may benefit from using Mi-Gel®.

Expectations and planning for the use of Mi-Gel®

- It is assumed that clinical examination shows no overt dermatological lesion or pathology prior to prescribing Mi-Gel®.
- The selected pharmacies have agreed to supply the patient with a sample of Mi-Gel which will last 10 to 14 days. There is a delay between initial application and optimal clinical effect due to gradual reduction of sensitivity. Once the patient experiences the optimal effect, then she is far more likely to purchase the 50mL dose-pump and adhere to the prescribed therapy.
- It may take up to fourteen days before the patient starts feeling a difference, so encourage them to persevere.
- If the vulval pain resolves, it is recommended to continue application of the gel for one month, with occasional re-application if symptoms return.

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