Boric Acid Treatment for Vaginosis

Bacterial vaginosis (BV) is a mild vaginal infection; an imbalance in the normal bacteria that lives in the vagina. You will have a discharge with a strong fishy odor. The odor may be stronger with your menstrual period or after sex.

Vaginal boric acid capsules are used to treat repeating BV and some vaginal yeast infections. The yeast infections are an overgrowth of normal vaginal yeast; a thick, white, discharge like cottage cheese which causes itching. These are ones that can't be cured by the usual antifungal yeast infection medicines. Boric acid is a remedy which is safe, effective and inexpensive. More research is needed to find out how well boric acid works.

How do I use boric acid?
You can make boric acid suppositories yourself or buy ready-made capsules at some pharmacies. To make your own suppositories:
1. Fill a size 0 gelatin capsule with boric acid powder (not crystals).
2. Fill the capsule with as much powder as it will hold (about 600 mg).
3. Place one boric acid capsule in your vagina each night before going to bed, for two weeks or as recommended by your healthcare provider.
4. After completing treatment for a current infection, keep using the boric acid capsules two nights a week as recommended for prevention.

Do not eat boric acid. It is very toxic if eaten. Boric acid is not toxic to your vagina. Keep this and all other medicines away from children. Boric acid is not safe to use if you are pregnant. Call your local poison control center right away if you do eat it.

If you have any other questions or concerns, please contact your pharmacist or healthcare provider.