Boric acid is an excellent therapy for recurrent vaginal yeast infections or infections with atypical yeast species, such as *Candida glabrata* or *Candida tropicalis*. Boric acid is inexpensive, well tolerated, and allows a woman to be in control of the therapy.

Capsules of boric acid should be inserted vaginally and can be made by the patient or a compounding pharmacy. Not all pharmacies are willing to make the boric acid capsules so calling the pharmacy in advance may avoid an unnecessary trip.

**Instructions for making boric acid capsules yourself:**
1. Use boric acid powder – NOT crystals.
2. Use a size “0” gelatin capsule.
3. Fill the capsule with as much powder as it will hold.

**Treating a current yeast infection with boric acid:**
To treat a current yeast infection, place one boric acid capsule in your vagina each night before going to bed for 2 weeks, as recommended by your provider. **DO NOT take the capsule orally (by mouth) as boric acid is very toxic when taken by mouth.** Boric acid is not toxic to your vagina. Keep this and all other medications away from children.

**To prevent recurrent yeast infections with boric acid:**
After completing treatment for a current infection, continue to place the boric acid capsules in the vagina two nights in one week (e.g. Monday night and Thursday night) for 6-12 months, as recommended by your provider.