

**UNIVERSITY OF WASHINGTON  
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY**

**BORIC ACID FOR RECURRENT VAGINAL YEAST INFECTIONS**

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.