CanesMeno®

MENOPAUSE CARE

Vaginal Dryness Moisturiser Gel

Instructions for use:

Read all of the instructions for use carefully before you start using this product.

- Do not throw this leaflet away. It contains important information; you may need to read it again.
- If you have any questions about CanesMeno® Vaginal Dryness Moisturiser Gel, please ask your pharmacist, doctor or the distributor.

1. What is CanesMeno® Vaginal Dryness Moisturiser Gel and what is it used for?

CanesMeno® Vaginal Dryness Moisturiser Gel is a colourless translucent non-hormonal moisturising gel for the relief of vaginal dryness and vaginal atrophy. It provides fast and long-lasting relief from vaginal dryness, burning and itching.

CanesMeno® Vaginal Dryness Moisturiser Gel contains Ectoin®, a natural cell-protective molecule with inflammation-reducing and membrane-stabilising properties. It hydrates dry vaginal mucosa and helps to reduce vaginal atrophy symptoms, such as dryness, itching and burning with a long-lasting effect (up to 5 days) within 5 days of application.

CanesMeno® Vaginal Dryness Moisturiser Gel is recommended for the treatment at the onset of the first symptoms of vaginal discomfort.

Due to the Ectoin® Hydro Complex CanesMeno® Vaginal Dryness Moisturiser Gel stabilises the cell membranes of mucosa, maintains hydration and supports regeneration process.

CanesMeno® Vaginal Dryness Moisturiser Gel can be used together with systemic hormonal treatments and is suitable for daily use.

CanesMeno® Vaginal Dryness Moisturiser Gel is free from fragrances, dyestuff, mineral oils, alcohol and hormones. Effects based on 100% natural ingredients.

2. Warnings and precautions

- CanesMeno® Vaginal Dryness Moisturiser Gel should not be used in the case of hypersensitivity to Ectoin®, Propylene Glycol or any of the other ingredients of the gel (listed in section 8).
- If allergic reactions occur, discontinue use immediately.
- Do not use in case of traumas or surgeries in the vaginal area.
- Do not use during vulvovaginal infections.
- To ensure safe hygiene, this product should only be used by one person.
- Keep out of the sight and reach of children.
- Do not use for more than 3 months after opening.
- Do not use damaged products. Before each application, the applicator must be carefully checked for its integrity. Do not use the applicator if it is damaged (e.g. has visible cracks or chips) or its plunger is loosened and disassembles from the tube easily.
- CanesMeno® Vaginal Dryness Moisturiser Gel does not protect against sexually transmitted diseases.
- CanesMeno® Vaginal Dryness Moisturiser Gel is neither spermicide, nor supporting conception. It has no contraceptive action and cannot be used to prevent pregnancy.
- Do not use the intravaginal applicator during pregnancy.

3. What you need to know before using CanesMeno® Vaginal Dryness Moisturiser Gel .

There is no data available on interactions between CanesMeno® Vaginal Dryness Moisturiser Gel and other vaginal applied products. Therefore, the use together with tampons and vaginal suppositories/pessaries is not recommended.

CanesMeno® Vaginal Dryness Moisturiser Gel is compatible with all common types of condoms (natural latex, polyisoprene and polyurethane).

4. How to use CanesMeno® Vaginal Dryness Moisturiser Gel

Always use CanesMeno® Vaginal Dryness Moisturiser Gel according to these instructions for use. If not otherwise prescribed by your healthcare provider, CanesMeno® Vaginal Dryness Moisturiser Gel should be applied once daily, preferably in the evening, at least 1 hour before bedtime (if necessary, use panty liners). If required, CanesMeno® Vaginal Dryness Moisturiser Gel can be used less often (with one/two/three days interval).

Wash your hands thoroughly and maintain general hygiene before application.

Application of the cold gel might cause an unpleasant sensation. Before use, make sure that the tube is at room temperature.

Without applicator: A sufficient amount of gel should be taken on a clean finger and gently massaged on the external genital area and/or inside of the vagina.

With applicator:

- Hold the tube upright, pointing the tip up, and open it. Put/twist the intravaginal applicator on the tip of the tube.
- Squeeze the tube carefully until the applicator plunger comes to a stop and the applicator is filled with the gel. Remove the applicator from the tube by pulling/twisting carefully and close the tube.
- Find a comfortable position to introduce the applicator into the vagina (e.g. laying on your back or using a familiar position for insertion of the product) and carefully insert the applicator into vagina.
- Press the applicator plunger gently until it stops, and all the gel is released into the vagina.
- Finally, remove the applicator from the vagina. The applicator must be thoroughly cleaned after each use.

To clean the applicator:

- Disassemble the applicator by withdrawal of the plunger from the tube. Therefore, the plunger has to be pushed strongly with the spherical plunger end on a hard surface.
- Wash tube and plunger with lukewarm tap-water and mild soap, thoroughly rinse off tube and plunger with tap-water, if necessary, shake off larger amounts of water.
- Allow the applicator parts to air-dry on a dry and clean surface.
- Reassemble the applicator by inserting the plunger into the tube.

Please do not use a single applicator for more than 20 times.

5. Possible side effects of CanesMeno® Vaginal Dryness Moisturiser Gel

CanesMeno® Vaginal Dryness Moisturiser Gel is well tolerated. Up to now, no regularly occurring or persisting side effects are known.

In isolated cases, some short-term local burning, or itching sensations, as well as a slightly increased normal vaginal discharge may occur.

If you experience any of the above side-effects or any side effects not listed that are associated with the use of CanesMeno® Vaginal Dryness Moisturiser Gel, please inform your pharmacist, doctor or the distributor.

If conditions persist or worsen, or signs of infection (such as a vaginal discharge of an unusual colour/consistency/odour) occur, contact your doctor or pharmacist.

6. How to store CanesMeno® Vaginal Dryness Moisturiser Gel

The expiry date of CanesMeno® Vaginal Dryness Moisturiser Gel is printed on the box as well on the product itself. CanesMeno® Vaginal Dryness Moisturiser Gel must not be used after the expiry date has passed.

Please store CanesMeno® Vaginal Dryness Moisturiser Gel between 2°C and 25°C.

7. Additional information

Not all minor constituents of CanesMeno® Vaginal Dryness Moisturiser Gel have been extensively investigated for safety during pregnancy and while breastfeeding. In the absence of sufficient data, the use of CanesMeno® Vaginal Dryness Moisturiser Gel during pregnancy and while breastfeeding is not recommended.

Patients unable to use CanesMeno® Vaginal Dryness Moisturiser Gel on their own should be assisted during application of CanesMeno® Vaginal Dryness Moisturiser Gel.

CanesMeno® Vaginal Dryness Moisturiser Gel is intended for use in adults.

8. Contents of CanesMeno® Vaginal Dryness Moisturiser Gel

30 ml gel in aluminium tube with a plastic applicator.

Ingredients
Ectoin®, Hydroxyethylcellulose, Lactic Acid, Sodium Lactate, Sodium Benzoate, Propylene Glycol, Water.

9. Manufacturer (gel) and assembler

bitop AG
Stockumer Str. 28,
58453 Witten,
Germany

Included applicator is manufactured by:

Manfred Schägner GmbH
Industriestr. 3
76479 Steinmauern,
Germany

Distributor

Bayer plc
400 South Oak Way,
Reading,
RG2 6AD, UK
consumerhealthuk@bayer.com
Bayer Limited, The Grange Offices, Stillorgan, Co. Dublin,
A94 H2K7, Ireland

10. Date of information

May 2026

11. Keys to symbols used on carton and labels.

CE mark

Manufacturer

Please consider the Instructions for use

Period after opening

Distributor

Lot number

Use by date (Expiry date)

or EXP

25°C
2°C
Temperature limitation

Do not use, if the product is damaged

MD Medical Devices

UDI Unique *Device Identifier*

Bayer

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