



## How to Use Boric Acid for Yeast Infections

**You can make your own boric acid suppositories by filling size 00 gelatin capsules with boric acid (about 600 mg). Standard yeast infection treatment is one capsule inserted in the vagina at bedtime for 7 days. For treatment of recurring yeast infections, standard yeast infection treatment is done for two weeks, and then boric acid can be used twice a week for 6 months to 1 year.<sup>1</sup>**

Fungi or yeast can be found all over the human body, however, under certain conditions this fungi, in particular candida albicans can grow out of control when women get vaginal yeast infections. Some reasons women get vaginal yeast infections are the use of antibiotics because they kill off all the good bacteria and allow the yeast to grow unchecked, diabetes because it lowers the glycogen store in vaginal cells and it can raise the sugar content and pH of the vagina, hormonal changes, and even something as simple as tight underwear that cause the vaginal area to be warm and moist, which is an environment that yeast love. Symptoms of vaginal yeast infections are itching, redness and a cottage cheese like discharge if left unchecked. Fortunately, there are home remedies that work to cure a vaginal yeast infection. Here is how to use boric acid vaginally for a yeast infection.

### Things You'll Need and Instructions

- Empty gelatin capsules 00 size
- Boric acid powder for vaginal yeast infection
- Dinner knife
- Sheet of paper
  - Lay a piece of paper on a table. This will help to catch any boric acid powder that you may spill when filling your capsules. Boric acid can cause skin irritation. Be careful.
  - Use the tip of your knife to fill your capsule with boric acid. One capsule has approximately 600 mg of boric acid, the required daily treatment for a vaginal yeast infection.
  - Or, consider using paper with a sharp crease to put the boric acid into your capsule instead of a knife. Some women find they can simply scoop the powder into the capsule.
  - It's OK to make all your boric capsules up at once, that way you'll have them and can just insert them.
  - Close the capsule carefully

Before going to bed each night, use your finger or an applicator that comes with anti-thrush treatments, and insert one capsule of boric acid vaginally. Do this for one week to eradicate a yeast infection. You may want to wear a panty liner to bed because there will be some discharge. Also be aware there may be some burning and irritation associated with using boric acid vaginally. Do not use more than one capsule a night.

### Tips & Warnings

- Don't use boric acid if you have any broken skin that the boric acid could come into contact with.
- Boric acid is toxic and if sufficient amounts are absorbed, it may lead to acute failure of the circulatory system, kidney damage and death. Do not take boric acid by mouth orally.
- **DO NOT USE BORIC ACID CAPSULES IF PREGNANT.** . It is particularly toxic to the developing fetus.

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<sup>1</sup> Eschenbach DA (2008). Vaginitis section of Pelvic infections and sexually transmitted diseases. In RS Gibbs et al., eds., Danforth's Obstetrics and Gynecology, 10th ed., pp. 608–612. Philadelphia: Lippincott Williams and Wilkins.