

# VAGINAL INSUFFLATION

## WHO CAN BENEFIT?

Patients who have the following:

- Infections
- Re-occurring yeast infections
- STDs eg: HPV
- Chronic conditions
- All things female
- Preventative care

## HOW IS VAGINAL INSUFFLATION DONE?

Ozone gas is transferred into either bag/syringe then attached to a catheter where the ozone is moved into the vaginal canal.

Tubing going from the ozone generator to a silicone insert that is used to ozone into the vaginal canal

## VOLUME, DURATION AND CONCENTRATION

### Bag and Catheter Method:

#### Volume:

- 100-750 mL

#### Concentration:

- 15 - 30 ug/mL - for adults
- Start with a low concentration (10 gamma) and 200 mL then work up
- Please make sure you have a fan to help dissipate the residual ozone
- Open window would be best

### Low and Slow Protocol (Bag and Catheter Method)

- Start with a concentration of 10 gamma and 200 mL

- 2-3 times a week
- Move up 5 gamma each week until you reach 30 gamma
- After your first month, move to 400 mL each treatment @ 30 gamma
- After second month, move to 750 mL each treatment @ 30 gamma
- Move up to 5 days a week

### Aggressive Protocol – Bag and Catheter Method

- Treatment 1 – 10 gamma and 400 mL
- Treatment 2 – 20 gamma 750 mL
- Treatment 3 – 30 gamma 750 mL
- 3-5 days a week
- Up to daily Treatments

## VOLUME, DURATION AND CONCENTRATION FOR VAGINAL INSERT:

#### Duration:

- 5 – 20 mins

#### Concentration:

- 10 - 30 ug/ml
- Start with a low concentration (10 gamma) for 5 mins.
- Please make sure you have a fan to help dissipate the residual ozone
- Open window would be best

### Low and Slow Protocol w/Vaginal insert

- 10 gamma at 5 mins and 2-3 times per week

- Titrate up 5 mins each treatment at 10 gamma
- Once you get to 20 min sessions, start titrating up 5 gamma each therapy
- Final goal should be 20 mins at 30 gamma per treatment
- Add additional days of therapy depending on tolerance

### **Aggressive Protocol**

- Start with 5 mins at 10 gamma for your first treatment
- 15 mins at 15 gamma
- 20 mins at 20 gamma
- 20 mins at 30 gamma
- Move to 5 times a week on week 2
- Daily Treatments

### **THINGS TO REMEMBER/KNOWLEDGE TRANSFER**

- Vaginal insufflation will emit more ozone into your room than other therapies even when using an ozone destructor. A floor fan is recommended to avoid getting exposed to too much ozone.
- Some practitioners agree that Vaginal Insufflation is a systemic therapy and can be used to treat systemic conditions but can also be used as a localized therapy as well.
- A Herxheimer reaction is possible after vaginal ozone treatment. If you do experience body aches, fatigue, or dryness, rash or discomfort, then discontinue for a week then start back at half concentration/volume that caused your reaction
- Make sure you use a good quality body safe lubricant if you need one to prevent dryness. This is especially important in daily therapy or long sessions