

Pelvic Floor Suppositories

Custom-compounded. Multi-ingredient. Physician-prescribed.



📍 VAGINAL OR RECTAL · CUSTOM FORMULA · PHYSICIAN-PRESCRIBED

Pelvic floor dysfunction, vaginismus, vestibulodynia, and chronic pelvic pain involve a complex interplay of muscle hypertonicity, nerve sensitization, inflammation, and anxiety · often all at once. Compounded suppositories allow your physician to combine targeted active ingredients in a single preparation applied directly at the site of dysfunction, at the doses and in the combination your condition requires.

Active Ingredients We Use

Baclofen *GABA-B Agonist / Muscle Relaxant*

Muscle relaxant targeting hypertonic pelvic floor spasm · the primary driver of pain in vaginismus and pelvic floor dysfunction.

Lidocaine *Local Anesthetic*

Local anesthetic for immediate pain relief at the application site · used for acute flares or pre-procedure comfort.

Diazepam *Benzodiazepine / Muscle Relaxant*

Benzodiazepine with potent muscle-relaxing and anxiolytic properties · effective for severe refractory spasm.

Hydrocortisone *Corticosteroid*

Anti-inflammatory corticosteroid added when inflammation or swelling contributes to pelvic pain and tissue sensitivity.

Hyoscyamine *Smooth Muscle Relaxant*

Smooth muscle relaxant used when visceral spasm or bladder/rectal involvement contributes to the pain pattern.

Why Suppositories?

Vaginal and rectal suppositories deliver medication directly to the pelvic floor musculature and surrounding tissue · achieving local therapeutic concentrations that oral medications cannot match without systemic side effects. For conditions driven by localized spasm, nerve sensitization, and inflammation, local delivery is not just more convenient · it is mechanistically more appropriate.

Conditions Commonly Treated

Vaginismus & Pelvic Floor Dysfunction

Hypertonic pelvic floor causing painful intercourse, inability to tolerate penetration, or chronic pelvic pressure and discomfort.

Vulvodynia & Vestibulodynia

Chronic vulvar pain, burning, and hypersensitivity · often with a significant nerve and inflammatory component requiring targeted relief.

Chronic Pelvic Pain & Post-Surgical

Chronic prostatitis, interstitial cystitis, post-surgical pelvic pain, and other conditions with mixed muscular and inflammatory drivers.

Pelvic Floor Suppositories

Baclofen · Lidocaine · Diazepam · and more · custom formula
Ingredients and doses per your prescriber · Vaginal or rectal · Rx required

Prescription required

Dispensed at our pharmacy

Could This Be Right for You?

- You have been diagnosed with vaginismus, pelvic floor dysfunction, or chronic pelvic pain
- Oral medications have been inadequate or caused side effects you want to avoid
- Your physician or pelvic floor specialist has recommended a compounded topical preparation
- You need a custom combination of ingredients not available in any commercial suppository

Ask your doctor about compounded pelvic floor suppositories.

The Medicine Shoppe · 1698 S Queen St, York PA 17403 · (717) 846-0500
Phone, fax (717) 845-8767, or e-prescribe. For educational purposes only · not medical advice.