

# Arousal Cream Handout



## What are Arousal Creams?

Arousal creams (sometimes called intimate creams, enhancement gels, or stimulating creams) are topical products designed to increase blood flow and sensitivity in the genital area most often the vulva or clitoris in women, or the penis in men. They are meant to enhance physical sensation and may help some people experience arousal more easily or enjoy sex more.

## What Are the Active Ingredients?

The active ingredients in this cream is a combination of the following:  
Arginine 60mg/Sildenafil 36mg/Pentoxifylline 50mg/Ergoloid 0.5mg per 1 mL in a vaginal cream base called Ellage.

## How Do They Work?

All the ingredients in this cream work in tandem to improve circulation to the genitals by dilating the blood vessels in the area which improves blood flow to the area. By allowing more blood to circulate through the area, it increases oxygen delivery to the area which enhances tissue health and nerve stimulation. One ingredient in particular, the ergoloid, slightly modulates serotonin/dopamine receptors in the area which can increase overall stimulation & arousal.

## How to Use/Apply?

- Apply a pea sized amount to the clitoris, vulva, or other external genital areas
- Wait 5-10 minutes for the cream to work
- Always wash hands after applying
- Do not use with nitrates.
- Always follow the direction of your provider when using this medication.

## Side Effects

Most Side effects are typically localized to the area of use since it is being used topically. Some of the following could occur when using the cream:

- Warm/tingling sensation
- Mild redness or flushing
- Burning or irritation

These side effects can typically be mitigated with proper use of the cream.

Stop use and call your provider if you experience:

- Chest pain, blurred vision, severe dizziness or an allergic reaction.

## Summary

Arousal creams are topical enhancers that improve circulation and blood flow to the genitals. They are safe for most people when used correctly, but always confirm allergies with your provider.