



PATIENT & CAREGIVER EDUCATION

Viacreme

This information describes the common uses of Viacreme, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

There is no scientific evidence that Viacreme can enhance sexual pleasure in women.

Viacreme is a topical cream that contains menthol and L-arginine. It has been promoted to increase sexual response in women by sensitizing the genital area. Many cancer patients may have painful intercourse and difficulty in maintaining arousal resulting from stress, hormonal changes, cancer treatments, or use of antidepressants. The manufacturer claims application of Viacreme in the clitoral region results in genital warming and increased clitoral sensitivity. The L-arginine increases blood flow to the genital tissue. However, this claim is not supported by clinical studies and the positive results of Viacreme may be due to a placebo effect. This product has not been studied in cancer patients.

What are the potential uses and benefits?

Female sexual dysfunction

This use is not backed by scientific studies.

What are the side effects?

Use of Viacreme may result in a strong genital burning sensation.

What else do I need to know?

Patient Warnings:

Sexual dysfunction could be a result of physical, biological, or psychological disorders. Patients should see a doctor before using this product.

Do Not Take if:

- You are sensitive to any of the ingredients.
- You have an infection or irritation in the genital area.

Special Point:

This product is intended for external use only, but should not be used if you have a genital infection or irritation, or have skin sensitivity to menthol or L-arginine.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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