



OREGON COLLEGE *of* ORIENTAL MEDICINE

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Provoked, Localized Vulvodynia (PLV) Treatment with Acupuncture and Lidocaine

Why is this study being done?

“Provoked, localized vulvodynia (PLV) treatment with acupuncture or lidocaine” is a study designed to learn more about the addition of non-drug treatment to lidocaine therapy for PLV pain. Participants will be randomized to one of two groups: classical acupuncture and lidocaine or non-classical acupuncture and lidocaine.

This study involves 20 visits over 24 weeks. Participants will visit the OHSU Women’s Health Research Unit at the Multnomah Pavilion on Marquam Hill for study visits, which include several questionnaires, physical exams, and two follow-up exams, including pelvic exam and cotton swab test. Participants will receive treatment with lidocaine 5% topical cream, classical or non-classical acupuncture treatment, and be asked to complete a tampon test every week, and pain diary every day.

The purpose of this study is to determine:

The purpose of this study is to learn more about acupuncture and 5% lidocaine as a treatment for PLV pain. Participants will be randomized to one of two groups: classical acupuncture and 5% lidocaine or non-classical acupuncture and 5% lidocaine.

Who is eligible to participate?

Women who are between the ages of 18 and 45, who:

- Are able to come to OHSU up to twice a week for 13 weeks, and again at 24 weeks
- Are patients at the OHSU Program for Vulvar Health clinic and diagnosed with provoked, localized vulvodynia, also known as vulvar vestibulitis or provoked vestibulodynia

What is the compensation for this study?

Participants will receive 18 acupuncture treatments and all medications free of charge. Upon completion of their 20th visit, participants can choose one \$25 gift card to Amazon.com, Whole Foods Market, or New Seasons Market.

Who do I contact for additional information?

To find out more information and to learn if you are qualified to participate call the Women’s Health Research Unit confidential recruitment line: 503 494-3666

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OHSU IRB: 9664