

How to use transdermal HRT

Information for you



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HRT patches, gels and sprays are for use on the skin only.

Keep it away from your eyes, nose, mouth, breast, or vagina. Do not use it on skin areas that have cuts, scrapes, or burns. If it does get on these areas, rinse it off right away with water.

HRT patch, gel and spray manufacturers recommend where they should be put on your body because that is where they were used during the product studies. It doesn't mean they won't work if applied elsewhere but it has not been studied.

If someone else comes into contact with your skin where you put HRT gel or spray on, less than an hour after you put it on, they should wash with soap and water to wash any gel/spray off.

Do not allow your pets to lick or touch the arm where gel/spray was applied.

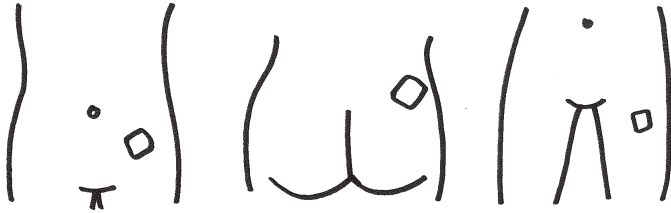
The gel and spray contain alcohol and are flammable. Do not use them near an open flame or while smoking.

Patches

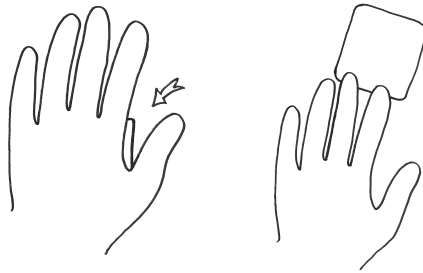
Most patches are changed twice a week –for example, Monday and Thursday.

- Put your patch on below your waist, for example buttock, thigh or lower abdomen. Avoid places where tight clothing may rub it off. Do not apply the patch over a skin fold or on hair.

- Your skin should be clean and dry. Patches don't stick so well if there is moisturiser/sunscreen/body spray/powder on your skin.



- Press the patch firmly in place with your hand for about ten seconds. Rub the edges down.



- Patches are designed to stay on in the bath, shower and swimming pool.
- When you change patches, put the new patch on a different area. Wait at least one week before applying a patch to the place you used before.
- When changing a patch, slowly peel it off from your skin.
- If you have any patch adhesive left on your skin, allow it to dry for 15 minutes and gently rub the sticky area with baby oil or eye make up remover to remove it.

- If a patch falls off, just put it back on a different area. If the patch does not stick completely, put on a new patch but continue to follow your original schedule for changing your patch.
- If problems persist, it might help to change to a different patch, size of patch, or change to gel or spray. Use of tape over a patch is not advised.
- An allergic/irritant reaction to a patch is usually caused by the adhesive. Consider trying a different brand of patch or change to gel or spray.
- Put used patches in the bin. Do not flush them down the toilet.

Gel

Gel comes in a pump or a sachet.

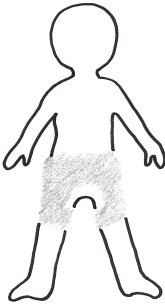
If you have a pump, when you start it:

- Take the cap off.
- Take the stopper out the spout.
- Press the plunger a few times until some gel comes out and throw this gel away as it will not be a full dose.

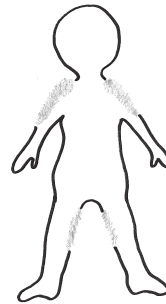
Apply your gel once a day, either in the morning or evening, unless a doctor has told you otherwise). Try to do this at the same time each day.

- Use the number of pumps/sachets you have been advised.

- The skin where you put the gel should be clean and dry.
- Pump the gel onto your hand.
- Spread the gel on a large area of skin on each shoulder, outer arm or each mid-inner thigh. Spreading it thinly helps it get fully absorbed.
- If you are using two pumps, put one pump on one side and then one pump on the other side.



Manufacturer recommended area for **Sandrena**



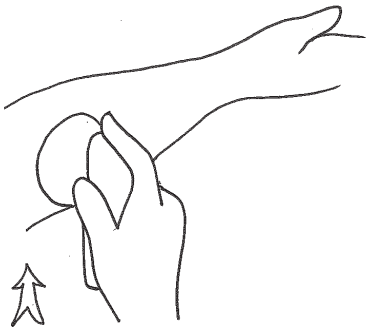
Manufacturer recommended areas for **Oestrogel**

- If using a pump, put the stopper back in and replace the cap.
- Leave to dry for five minutes before putting clothes on.
- Wash your hands with soap and water after applying the gel.
- Don't put anything else on the skin (such as moisturiser or sunscreen) for a least an hour.
- The gel will wash off if you shower/go swimming /get in a hot tub within one hour

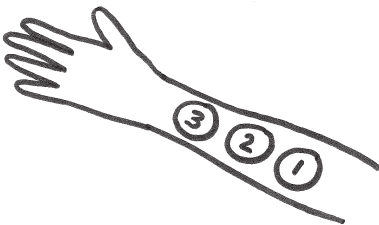
Spray

- When using a new spray applicator, prime the pump by holding the spray upright and pumping three times. You only need to do this the first time you use a new spray applicator.
- Apply the spray to clean, dry, and unbroken skin on the inside of your forearm between your elbow and wrist.

Allow the medicine to dry for at least two minutes before dressing, and at least one hour before washing.

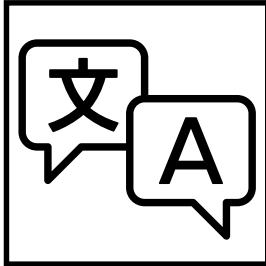


If your doctor tells you to increase your dose, move the applicator to an area of the skin next to your previous application site, before applying the second or third spray.

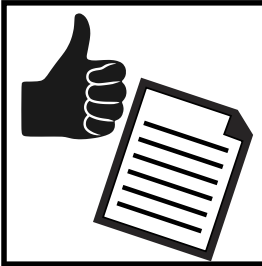


- Do not rub the spray into your skin.
- Do not allow a child to touch the area of the arm where the medicine was sprayed. If you cannot avoid being close with your child, wear clothes with long sleeves to cover the application site.

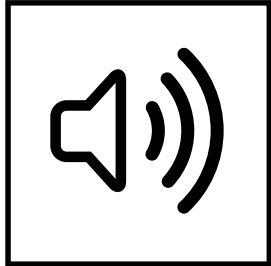
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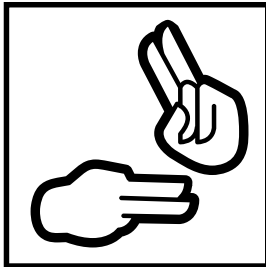
Translations



Easy to read



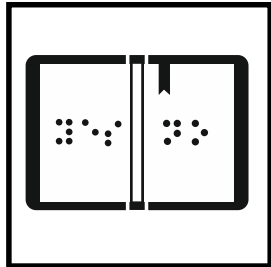
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