

Your guide to using Evorel[®] Sequi

estradiol and norethisterone
acetate + estradiol patches

This leaflet is intended for patients who have been prescribed Evorel Sequi.

Your Evorel Sequi

This guide will talk you through how to use your Evorel Sequi patches and answer some questions you might have about how they work.

The information here doesn't replace what your doctor has told you, but it might be a helpful reminder of what they've said.

Please read the patient information leaflet for full details on how to use Evorel Sequi. You can access it by scanning the QR code below.



1

Why have I been prescribed Evorel Sequi?

2

How does Evorel Sequi work?

3

What is in my Evorel Sequi pack?

4

When can I apply my first Evorel Sequi patch?

5

Where do I put my Evorel Sequi patch?

6

How do I stick my Evorel Sequi patch on?

7

When do I change my Evorel Sequi patch?

8

What if I forget to change my Evorel Sequi patch on time, or it falls off?

9

When should I stop using Evorel Sequi?

10

What are the possible side effects of Evorel Sequi?

Why have I been prescribed Evorel Sequi?

Evorel Sequi is a type of hormone replacement therapy (HRT). You will have been given Evorel Sequi by your doctor to either relieve menopausal symptoms or prevent osteoporosis.

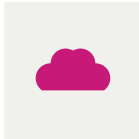
Menopausal symptoms

When you go through the menopausal transition, your ovaries gradually stop making estrogen. While your periods stopping is one of the most obvious signs, falling estrogen levels can also cause a range of other symptoms.

Menopausal symptoms include:



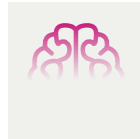
Hot
flushes



Mood
swings



Sleep
disturbances



Brain
fog

Many women also experience vaginal dryness, itchiness and often uncomfortable or painful sexual intercourse.

These can have a huge impact on your life and make juggling your day-to-day responsibilities especially challenging.

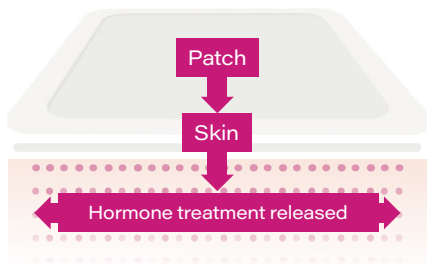
Osteoporosis

Estrogen is also important for maintaining healthy bones. As you go through the menopause and your estrogen levels fall, your bones may become more fragile and more likely to break. This is known as osteoporosis.

2

How does Evorel Sequi work?

Evorel Sequi is known as a 'sequential combined' HRT. This is because two types of patch are used one after another. The hormone treatment in the patch passes through your skin and enters the blood.



Your doctor has prescribed you Evorel Sequi HRT patches.

Each pack contains two types of patch. Half of the patches contain estradiol only and the other half contain estradiol + norethisterone acetate.

Estradiol is a type of estrogen - it's identical to the estrogen made naturally in the body. It can help with some menopausal symptoms like hot flushes, night sweats and mood swings.

Using an estrogen replacement can cause the lining of the womb to build up and get thicker. This is why the product also contains a progestogen hormone called norethisterone acetate. It's added to offset the thickening and provide balance.

Please note, Evorel Sequi is not a contraceptive.




What is in my Evorel Sequi pack?

There are 8 patches in every pack, which is enough to last you one month.

There are four Evorel 50 estradiol patches marked CE50 and four Evorel Conti estradiol + norethisterone acetate patches marked CEN1.

Use the Evorel 50 patches for two weeks, followed by the Evorel Conti patches for two weeks and repeat.

Your Evorel Sequi routine:

Week 1	Week 2	Week 3	Week 4
Use 4 Evorel 50 patches		Use 4 Evorel Conti patches	
			
			Expect withdrawal bleed

When using your Evorel Conti patches, the shedding of your womb lining will probably give you a 'withdrawal bleed'. This will be like having a period each month. The withdrawal bleed will start during week 4, before you finish an Evorel Sequi pack.

Make sure you don't take any breaks in between packs.

4

When can I apply my first Evorel Sequi patch?

Please follow your doctor's advice on when you should start HRT. They will have considered many things, not all mentioned in the table below, important for your wellbeing. However, this table may help you to understand their recommendation better.

I'm still having regular periods	Start Evorel Sequi with an Evorel 50 patch within 5 days of the first day of your natural bleed
I'm still having periods, but they are irregular and I'm definitely not pregnant	Start Evorel Sequi with an Evorel 50 patch at any time
I'm currently using a different HRT that allows me to have a withdrawal bleed	Switch to Evorel Sequi by using an Evorel 50 patch at the end of a cycle on your current HRT, or after a 7-day hormone-free interval
I'm switching the estrogen in my HRT to Evorel Sequi	Switch to Evorel Sequi by using an Evorel 50 patch at any time

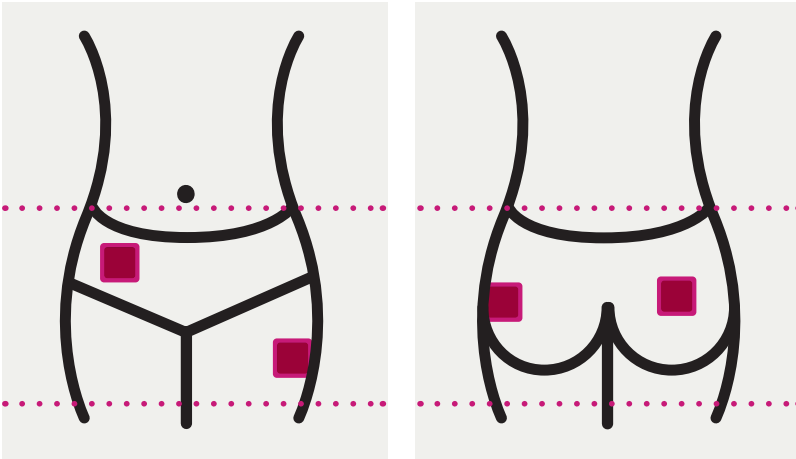


Talk to your doctor if you are still unsure about when to start using Evorel Sequi.

Where do I put my Evorel Sequi patch?

Stick the patch somewhere on your body
below your waistline.

Lots of women prefer to wear the patch on their
thighs or bottom. Try and find an area of clean,
dry and healthy skin where there is little hair.



Make sure you avoid sticking it on or near your breasts.

When changing your patch, put the new one in a slightly different area of skin. This is just to help prevent your skin from becoming irritated.

Avoid sticking your patch under a tight waistband or applying it after you've used body cream, moisturiser or talc. Similarly, it may become unstuck if you have been sweating excessively.

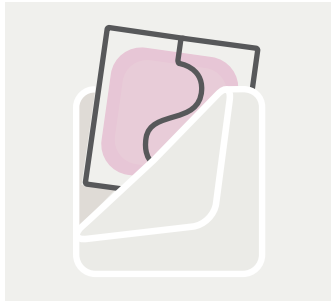
Storage

Store at room temperature, at or below 25°C within the original packaging. Evorel Sequi should be kept away from children and pets.

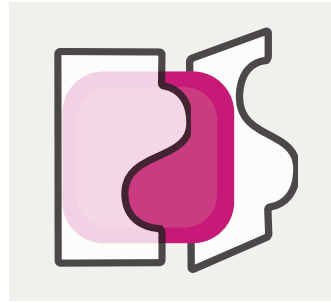
How do I stick my Evorel Sequi patch on?

Each patch is sealed in a protective wrapper.

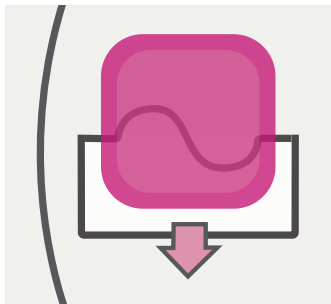
Be ready to apply your patch straight after you have opened the wrapper. Try not to touch the sticky side. If you've had a hot shower or bath, wait until you cool down slightly before applying.



1. Remove your patch from the pouch



2. Carefully bend and peel off half the backing



3. Apply the exposed side of the patch to your skin, then remove the other half of the backing



4. Press down firmly to ensure your patch is stuck

Baby oil can help you get any old, remaining glue off.

When do I change my Evorel Sequi patch?

Your patch contains enough hormones to last you three to four days, so change it twice a week, every week, on the same two days.

Before you apply your first patch, you might want to choose two patch-change days that work well for you and mark the box below as a reminder.

	If you apply your first patch on:	→	Apply the second patch on:	→	Then every week after on:
<input type="checkbox"/>	Monday	→	Thursday	→	Mondays & Thursdays
<input type="checkbox"/>	Tuesday	→	Friday	→	Tuesdays & Fridays
<input type="checkbox"/>	Wednesday	→	Saturday	→	Wednesdays & Saturdays
<input type="checkbox"/>	Thursday	→	Sunday	→	Thursdays & Sundays
<input type="checkbox"/>	Friday	→	Monday	→	Fridays & Mondays
<input type="checkbox"/>	Saturday	→	Tuesday	→	Saturdays & Tuesdays
<input type="checkbox"/>	Sunday	→	Wednesday	→	Sundays & Wednesdays

Your patches come in a 'memory pack,' which will always contain 1 month's worth of patches. This can be used to help you remember when to change your patch and keep to your routine.

What if I forget to change my Evorel Sequi patch on time, or it falls off?

If you forget:

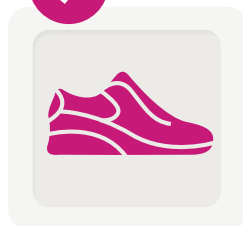
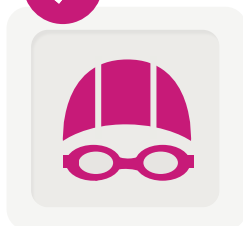
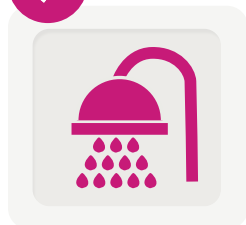
If you forget to change your patch, replace it as soon as you remember with the same type of patch. Then, change it as normal on the next day you had already planned to replace it.

You might get some breakthrough bleeding if you forget to change your patch on your normal days.

You may find it helpful to set up a reminder on your phone, where there are free smart phone apps you can use. Alternatively, you could mark the sealed wrappers with your patch-change days.

If your patch falls off:

Your patch shouldn't fall off during everyday activities like washing or swimming. But, if it does fall off before it's due to be changed, don't worry. Just replace it straight away with the same type of patch, and then change it again, as normal, on your next planned patch-change day.



When should I stop using Evorel Sequi?

Ask your doctor if you are ever unsure about whether you should be using Evorel Sequi.



You must not use Evorel Sequi if you have any of these health conditions, or have ever had them in the past:

Breast cancer

Ovarian cancer

Womb cancer

Endometrial atypical hyperplasia (thick womb lining)

Unexplained bleeding from your vagina

Blood clotting disorder

Blood clot

Heart disease

Liver disease

Known hypersensitivity to estradiol or progestogens

Porphyria (a rare inherited blood disease)



Speak to your doctor and stop using Evorel Sequi straight away if you:

Have yellow skin or eyes

Feel dizzy and tired with a headache

Become pregnant

Notice a painful swelling or redness in one leg

Have sudden chest pain

Find it difficult to breathe

Notice swelling in your face, throat, hands or feet

Notice a widespread, blistering rash

Have uncontrollable muscle contractions

What are the possible side effects of Evorel Sequi?










If you are experiencing any kind of side effect, please consult your doctor for advice.

Some side effects are common to begin with when your body is adjusting to hormone treatment and normally settle over a short period of time. However, if side effects are worrying you, don't wait to schedule a check-up appointment. You can discuss your concerns with your doctor at any point.

The most common side effect when using Evorel Sequi is irritated and itchy skin where the patch is applied.

Breast tenderness, light spotting and irregular bleeding are also common side effects. Just like other HRTs, these generally tend to last a few months.

Do notify your doctor if you are bleeding heavily from the vagina.

	First few months using Evorel	A few months after starting Evorel	After stopping Evorel
Bleeding or spotting	 Normal	 Speak to your doctor	 Speak to your doctor
Heavy bleeding from the vagina	 Speak to your doctor	 Speak to your doctor	 Speak to your doctor
No bleeding	 Normal	 Normal	 Normal

Some women may also experience skin rashes, mood changes, sleep changes, headaches, nausea or stomach cramps, trouble sleeping, diarrhoea, body pain, a build-up of fluid under the skin or weight gain.



What

next?

Hopefully you now feel confident that you have all the information that you need to start using Evorel Sequi. You can find full details in the patient information leaflet.

If you have any additional questions that haven't been answered, you can get in touch with your doctor who will be happy to advise you.

And remember, you can always come back to this guide if you ever want to remind yourself of anything in the future.

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via the Yellow Card Scheme at: <https://www.yellowcard.mhra.gov.uk/>

By reporting side effects you can help provide more information on the safety of this medicine.

