

You have received this patient information from your doctor/nurse.

PATIENT INFORMATION

Treatment with
Estrogel[®] (estradiol)

 **BESINS**
HEALTHCARE
By your side, for life


Estrogel[®]
ESTRADIOL





Symptoms of estrogen deficiency

Estrogen is one of the female sex hormones and is primarily produced in the ovaries. The hormone is of great importance to several organs in the female body and has several physiological functions. Among other things, estrogen affects the genitals, bones, heart and brain.

During menopause, estrogen production decreases and for many women this can lead to deficiency symptoms such as:

- » hot flushes
- » vaginal dryness
- » sweats
- » urinary tract problems
- » mood swings
- » joint pain
- » sleep problems
- » fragile bones

These symptoms can often be alleviated with the use of estrogen, also known as Menopausal Hormone Therapy (MHT).

Treatment with Estrogel[®]

What is Estrogel[®]?

Estrogel[®] is a colourless gel that contains a form of estrogen known as estradiol. This is the same estradiol as naturally produced in your body. After application, estradiol is absorbed into the subcutaneous tissue, where it slowly enters the bloodstream and replaces the estrogen that the body can no longer produce.

Women who still have their uterus, (womb) concurrent treatment with progesterone is recommended. This is done in consultation with your doctor.

The recommended dose of Estrogel[®] is 1.25 g of gel (equivalent to 0.75 mg of estradiol) once a day. Your doctor will prescribe the lowest effective dose, for the shortest possible duration, to treat your symptoms.

Contact your doctor if you find the effect of the prescribed dose to be too strong or too weak.



How to use Estrogel®

Estrogel® pump bottle



Estrogel® pump bottle

Before use

Before you start using a new pump bottle of gel, you first need to activate the pump by pressing the plunger down. Then you need to discard the first dose.

Dosing

Remove the protective cap. Hold the bottle in one hand, press the plunger all the way down and let the gel run into the palm of your other hand. One press on the plunger corresponds to 1.25 g of gel and contains 0.75 mg of estradiol. Seal the cap carefully after each use.



Applying the gel

Use your hand to spread the gel **over as large an area of skin as possible** on your shoulders and arms, or the insides of your thighs, in either the morning or the evening after washing. Avoid direct contact with the breast and genital areas. Also, do not apply the gel directly to mucous membranes, irritated or damaged skin. The gel does not need to be massaged or rubbed into the skin. Always wash your hands thoroughly with soap and water after applying the gel.

Allow the gel to dry for about 5 minutes before getting dressed. If your skin feels sticky after 5 minutes, the gel has been applied over an area that is too small. Next time, apply the gel over a larger area of skin. Estrogel® is odourless and leaves no stain.



Important

- » Apply Estrogel® to clean skin.
- » Estrogel® contains alcohol. You should therefore avoid smoking and open fire when applying the gel.
- » Do not let anyone else apply the gel to your skin.
- » Do not allow other people to touch the area of skin where the gel has been applied until it has dried. Wear clothing that covers the area if necessary.



Overdose

The recommended dosing method make overdosing highly unlikely. However, if you have used too much Estrojel®, symptoms such as nausea may be experienced. In such case, contact your doctor as soon as possible.



If you have forgotten to use Estrojel®

Do not use a double dose to make up for the dose that you missed.

- » If the next dose is *less* than 12 hours away, skip the dose you missed and apply your next dose when you are meant to, as usual.
- » If the next dose is *more* than 12 hours away, apply the missed dose, and then apply the following dose at the normal time the following day.



Safety and side effects

Like all medicines, Estrojel® can cause side effects. Possible side effects are presented in more detail in the package leaflet. Contact your doctor as soon as possible if you experience any side effects.



Estrojel® and other medicines

Estrojel® can interact with other medicines, including over-the-counter medications. Therefore, it is important that you tell your doctor what other medicines you are taking while being treated with Estrojel®.



How to store Estrojel®

Estrojel® should be kept out of the sight and reach of children.



Package leaflet

Always follow the instructions given by your doctor. For more information, see the package leaflet. Read it carefully.

For more information about this product, please visit www.fass.se

EstroGel (estradiol) 0.75 mg/dose transdermal gel. Prescription medicine.

What EstroGel is used for: EstroGel is used for menopausal symptoms in women who have had their last natural period at least 6 months ago.

Do not use EstroGel: if you have or have had breast cancer, or suspect that you have breast cancer; if you have a cancer that is estrogen-sensitive, such as cancer of the womb lining (endometrial cancer), or if you suspect that you have such a cancer; if you have unexpected vaginal bleeding; if you have severe thickening of the womb lining (endometrial hyperplasia) and are not being treated for it; if you have or have had a blood clot in a vein (thrombosis), such as in the leg (deep vein thrombosis) or in the lungs (pulmonary embolism); if you have a blood clotting disorder (e.g. protein C, protein S or antithrombin deficiency); if you have or have recently had an illness caused by blood clots in an artery, e.g. myocardial infarction (heart attack), stroke or angina; if you have or have had a liver disease and your liver function tests have not returned to normal; if you have a rare blood disorder called porphyria, which runs in family (hereditary); if you are allergic to the active substance or any of the other ingredients of this medicine. If any of these conditions occur for the first time while using EstroGel, you should stop using it immediately and see your doctor right away.

Once you start using EstroGel, you should have regular check-ups (at least once a year) with your doctor. Discuss the benefits and risks of continuing to use EstroGel with your doctor at these check-ups.

Common side effects (may affect up to 1 in 10 people): painful periods (dysmenorrhea), heavy periods (menorrhagia), spotting, period problems, vaginal discharge, unexpected vaginal bleeding, abnormal thickening of the cells of the womb lining (endometrial hyperplasia), stomach ache and cramps, bloated belly, malaise, headache, muscle cramps, aching arms/legs, anxiety and depression.

Stop using EstroGel and contact a doctor immediately if you notice any of the following during your HRT treatment: any of the conditions listed under "Do not use EstroGel"; yellowing of the skin or the whites of the eyes (jaundice), which can be a sign of liver disease; dramatic increase in blood pressure (possible symptoms include headache, fatigue and dizziness); migraine-like headache for the first time; if you become pregnant; signs of a blood clot, such as painful swelling and redness in your legs, sudden chest pain or breathing difficulties. **Irregular bleeds:** You may experience irregular vaginal bleeds or spotting during the first 3 to 6 months of your treatment with EstroGel. If these irregular bleeds continue for more than 6 months, start when you have used EstroGel for more than 6 months, or continue after you have stopped using EstroGel, contact your doctor as soon as possible. **Unexpected bleeds:** If you are using EstroGel together with a progestogen (i.e. progesterone), you will experience a vaginal bleed once a month (known as withdrawal bleeds). However, if you develop unexpected spotting between your monthly bleeds that continues for longer than the first 6 months, starts when you have been using EstroGel for more than 6 months, or continues after you have stopped using EstroGel, contact your doctor as soon as possible.

Read the package leaflet carefully before starting your treatment with EstroGel®

