

This leaflet has been created and funded by Besins Healthcare (UK) Ltd and is intended for patients who have been prescribed Oestrogel (Estradiol 0.06% w/w).



Oestrogel[®]
ESTRADIOL

How to apply Oestrogel[®] (estradiol 0.06% w/w) Pump-Pack

YOUR EASY
STEP-BY-STEP
GUIDE



Straight-sided
cylindrical bottle
with a white lid

Conical bottle
with a blue lid

Images are for illustrative purposes only

Information for patients who have been prescribed Oestrogel Pump-Pack

You may receive either the conical bottle or the cylindrical bottle, the contents are the same in either bottle and the dose remains the same.

Information on reporting side effects can be found inside this leaflet.
This leaflet does not replace the patient information leaflet.

The images used in the leaflet are not real patients.



BESINS
HEALTHCARE
By your side, for life

Why have I been prescribed this medication?

Your clinician has prescribed this medication to treat symptoms of menopause. Please also read the Patient Information Leaflet provided before applying the gel.

Using your Pump-Pack

This leaflet explains how to use your Pump-Pack for the treatment of your menopausal symptoms. Your clinician will advise you of your required dosing (pump actuations).

What is Oestrogen?

It is a clear, colourless and easy-to-use gel containing the body-identical female hormone, oestrogen (called estradiol). It is a hormone replacement therapy (HRT), designed to help relieve your menopause symptoms.



What can I expect from my treatment?

It helps to relieve the symptoms that are caused by oestrogen deficiency in women.

Most women find that their symptoms are relieved within a few weeks of using Oestrogen; however, if you do not experience relief after one month, tell your clinician, who may be able to review your dose.



Before administering the gel

Think about when to apply your gel

You should apply your medicine **once every day** either in the morning or evening. Consistency is important, it might be helpful to think about how your treatment will fit into your daily routine, this will help you manage it.



Apply at roughly the same time each day.



You may find that setting a reminder on your phone helps you to remember.



Some women find that application after a shower fits their routine.

Set up your Oestrogen Pump-Pack

Your medicine is provided in a convenient airless Pump-Pack dispenser that delivers 64 doses of the gel for application to your skin. It comes in a conical (cone-shaped) or cylindrical bottle. The steps below explain how to set up your Pump-Pack before the first use.

STEP 1:

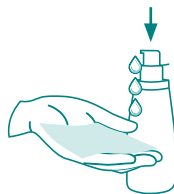
Conical bottle A. Remove the cap.

Cylindrical bottle B. Remove the cap and then release the stopper without breaking it's tether to the bottle - you will need to replace the stopper on the nozzle after each use.



STEP 2:

Press the plunger down three times, collecting the gel in a tissue.



STEP 3:

Do not use the gel just dispensed, safely discard it in a rubbish bin.



How to use your medication

Before using the gel make sure you know how many doses (pump actuations) you should use. Your clinician will have provided this information to you.

HOW TO APPLY

STEP 1:

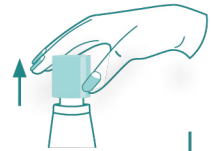
Before applying, make sure that your hands and the skin you are treating are clean, dry and free from any cuts or abrasions. **Do not apply to damaged skin.**



STEP 2:

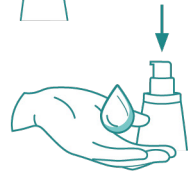
Remove the cap to expose the plunger and **remove the stopper from the spout.**

The conical bottle has no stopper.



STEP 3:

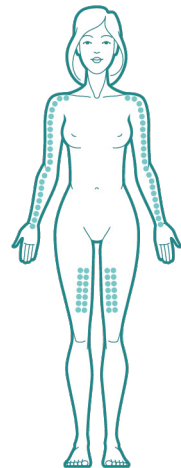
Push the plunger down firmly - this will dispense one measure of the gel.



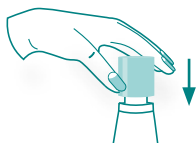
STEP 4:

Apply the gel in a thin layer to a large area on your outer arms or mid-inner thigh. **Do not apply the gel near the breast or on the vulval region.**

If your clinician has prescribed multiple doses (pump actuations) it is important to allow the pump to return to its starting position between actuations. Distribute the gel evenly over your outer arms or mid-inner thighs, according to your prescription. Frequently changing your application sites is recommended.



How to use your medication



STEP 5:

Replace the stopper on your bottle and then replace the cap.



STEP 6:

Leave the gel to **dry for 5 minutes** before covering the area with clothes. **Please be aware that others, especially children, should not contact the area of skin where you have applied the gel for at least one hour.** Due to the estradiol transfer, young children may show signs of puberty that are not expected (for example breast budding). In most cases the symptoms will disappear when children are no longer exposed to Oestrogel. **This product is flammable until dry.**



STEP 7:

After you have applied the gel, thoroughly wash your hands with soap and water. **Do not wash the skin you have applied the gel to or use other skincare products for at least one hour.**

POSSIBLE SIDE EFFECTS OF USING OESTROGEL

Like all medicines, Oestrogel can cause side effects, although not everyone will get them. Some of the common side effects (may affect up to 1 in 10 people) are: headache, nausea, abdominal pain, breast pain, painful periods, menstrual periods which are heavier or last longer than usual, abnormal or irregular bleeding, white or yellow vaginal discharge or weight change. **Please refer to the patient information leaflet inside the box for a full list of side effects, warnings, and precautions, including when not to take this medicine.**

REPORTING SIDE EFFECTS

If you get side effects, talk to your clinician, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects, directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk. By reporting the side effects you can help provide more information on the safety of this medicine.

Need more information?

Please read the Patient Information Leaflet in the Oestrogel box. Contact your clinician if you have questions about your Oestrogel treatment. Visit www.oestrogel.co.uk to find out more about your medicine.

Frequently asked questions



What should I do if I miss a dose of my medicine?

If it is more than 12 hours until your next dose, apply the gel as soon as you remember and apply the next dose at the normal time. If it is less than 12 hours until your next dose, skip the missed dose and apply the next dose at the normal time. Do not use a double dose (two doses at the same time) to make up for a forgotten dose.

Is my medicine still effective if I put it into another container?

To ensure that your medicine is effective and accurate, it should be pumped directly from the original container.

Am I supposed to rub the gel into my skin until it is dry?

There is no need to rub the gel into your skin. Simply spread the gel with one movement on your outer arm or mid-inner thigh and leave to dry. Do not apply to damaged skin.

How long do I have to wait before I can shower?

Do not shower until at least one hour after application of the gel.

How long do I wait before applying skincare products?

Do not use skincare products on the area where you applied the gel for at least one hour after application.

How long after swimming can I apply the gel?

After swimming, make sure that your hands and the skin where you will be applying the gel are completely dry before applying it.

Can someone else apply the gel for me?

Your medicine should only be applied by yourself. Do not allow others to come into contact with the area of the skin where the gel was applied for at least one hour. If this occurs, wash the exposed skin with soap and water as soon as possible.

If you have any further questions about your medicine, reach out to your doctor, pharmacist or nurse who will be able to help.