

You've been prescribed Oestrogel® Pump-Pack

Information leaflet

What is Oestrogel®?

Oestrogel® contains 17β-oestradiol, a natural form of the female hormone oestrogen used in Hormone Replacement Therapy (HRT).

It is provided in a convenient Pump-Pack dispenser delivering 64 metered doses of gel to be applied to the skin and absorbed into the blood stream.

In women with an intact uterus it is recommended to add a progestogen. Talk to your doctor for more information.

What can I expect from my treatment with Oestrogel®?

Oestrogel® helps to relieve the symptoms caused by oestrogen deficiency in women — such as hot flushes, night sweats, vaginal dryness and osteoporosis.

Most women find that their symptoms are relieved within a few weeks of using Oestrogel®.

Check-ups

It is recommended that you have an appointment with your doctor to review your treatment after 3 months of using HRT.

Precautions

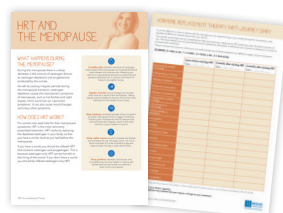
Like all medicines, Oestrogel® may cause side effects, although not everybody gets them. Please refer to the patient information leaflet found inside the Oestrogel® box.

Where can I get more information?

Further information is available in your package insert. Contact your doctor if you have any further questions about your Oestrogel® treatment.

Visit www.oestrogel.co.uk to find out more about Oestrogel® and access information relating to:

- HRT risks and benefits
- Lifestyle changes to help you go through the menopause
- Diary to monitor your symptoms



If you get 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: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

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

Using Oestrogel® in a few simple steps

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Apply Oestrogel® once a day either in the morning or the evening onto clean and dry skin. Try to use the gel at about the same time each day.

Your doctor will advise you how many metered doses (pump actuations) of the Pump-Pack you should apply. The usual starting dose is two metered doses (two pump actuations), however, up to four metered doses may be prescribed.

SETTING UP YOUR Oestrogel® Pump-Pack 17 β -oestradiol



1. Remove the cap from the canister to reveal the plunger



2. Remove the stopper from the spout



3. Press the plunger down 3 times, collecting the gel on a tissue



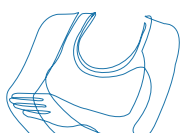
4. Do not use the gel released and safely discard it in a rubbish bin

The pump is now ready to use.



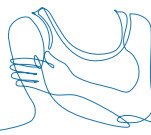
Step 1

- Press once to dispense one metered dose



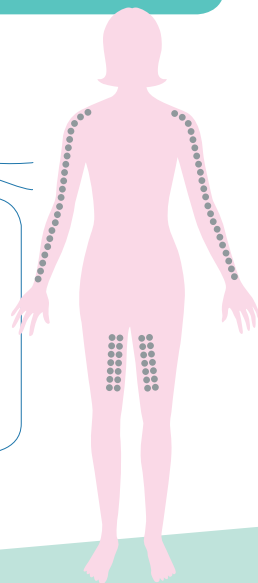
Step 2

- Apply one metered dose to a clean, dry, intact area of skin e.g. on the arm and shoulder, or inner thigh (do not apply on or near the breast or on the vulval region)
- Spread in thin layer over surface
- Repeat action on the other arm and shoulder or inner thigh for the second metered dose



Step 3

- Allow to dry for 5 minutes before covering the skin with clothing
- Wash hands with soap and water after application to reduce chance of medication spread



For further information please read the Patient Information Leaflet found inside the Oestrogel® box