



OESTROGEL PUMP-PACK

Information leaflet for patients
prescribed Oestrogen Pump-Pack

What is Oestrogen?

Oestrogen is a clear, colourless, easy to use gel, which contains the female hormone oestrogen called estradiol as hormone replacement therapy (HRT) to help relieve your menopausal symptoms.

For women who still have a uterus, it is recommended to add a progestogen. Talk to your doctor for more information.

What can I expect from my treatment with Oestrogen?

Oestrogen 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 Oestrogen. However, if after 1 month of treatment, the prescribed dose does not provide relief, tell your doctor, the dosage can be increased if required.

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, Oestrogen may cause side effects, although not everybody gets them. Please refer to the package leaflet found inside the Oestrogen box for the list of possible side effects, warnings, precautions and when not to take the medicine.

Where can I get more information?

Please read the package leaflet contained in your Oestrogen box. Contact your doctor if you have any further questions about your Oestrogen treatment.

Visit www.oestrogen.co.uk to find out more about Oestrogen:

- How to use Oestrogen video
- HRT and the menopause
- Lifestyle changes to help you go through the menopause
- Patient diary to monitor your symptoms




OESTROGEL PUMP-PACK

Information leaflet for patients prescribed Oestrogen Pump-Pack

Please also read the package leaflet

SETTING UP YOUR Oestrogen Pump-Pack




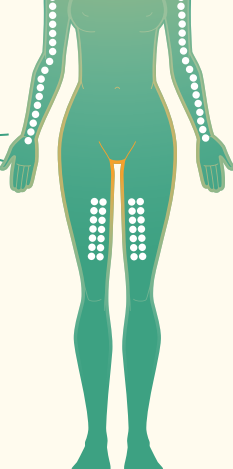
- 
1. Remove the cap from the canister to reveal the plunger **The pump is now ready to use.**
 2. Press the plunger down 3 times, collecting the gel on a tissue
 3. Do not use the gel released and safely discard it in a rubbish bin

Please follow your doctor's instructions on how to use this medicine.

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

Apply Oestrogen once a day either in the morning or the evening onto clean, dry and unbroken skin only. 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, following this, up to four metered doses may be prescribed.



Step 1

- Press once to dispense one metered dose

Step 2

- Apply one metered dose to a large 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 Package Leaflet found inside the Oestrogen box

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.