



Medications Guide

Frequently Used Medications Guide

This guide provides general information on storing and using medications. **Always follow the instructions on your medicine label and the plan in your clinic letter.** If you are unsure about how to use your medication, or if you have concerns about side effects, please contact your care team or pharmacist.

Androfeme

Medication type

Testosterone cream

Storage

Store in a cool, dry place below 25°C. Keep away from moisture, heat and sunlight. Do not freeze.

Preparation:

1. Remove the cap and film covering.
2. Gently squeeze the tube to move the cream towards the top.
3. Insert the tip of the syringe into the tube.
4. Gently squeeze the base of the tube while slowly withdrawing the plunger to draw the cream into the applicator barrel.
5. Fill slightly past the required dose mark (for example 0.5 mL) to remove air bubbles, then push the plunger back to the correct dose mark.

How to apply:

1. Remove the applicator from the tube and replace the tube cap.
2. Apply the cream directly to clean, dry skin on the upper outer thigh, lower abdomen or buttock by depressing the plunger.
3. Massage the cream into the skin until fully absorbed, usually around 30 seconds.
4. Rotate application sites to reduce the risk of localised hair growth.
5. Wash your hands thoroughly with soap and water after application.
6. Rinse the syringe in hot water and allow it to dry.

Disposal: Dispose of empty tubes and syringes in household waste.

Common pitfalls and tips:

- A small amount of cream remains in the syringe tip. This is expected and is accounted for in dosing.
- Once you are confident with dosing, your clinician may advise applying directly from the tube onto your finger.

Cyclogest Pessaries

Medication type

Progesterone pessary



Storage: Store in a cool, dry place, ideally below 25°C. Keep in the original packaging, away from heat and direct sunlight.

Storage

Store in a cool, dry place, ideally below 25°C. Keep in the original packaging, away from heat and direct sunlight.

Preparation

1. Wash your hands before use.
2. Remove one pessary from its protective packaging.

How to use

1. Choose a comfortable position, such as lying down with knees bent, squatting, or standing with legs apart.
2. Insert the pessary gently using an index finger.
3. For vaginal use, place the pessary between the lips of the vagina and push it upwards and backwards into the vaginal passage as far as comfortable.
4. For rectal use, gently push the pessary into the rectum by about 2 to 3 cm.
5. If using rectally, squeeze your buttocks together for a few seconds to help hold it in place.
6. Wash your hands after application.

Disposal

Dispose of empty packaging in household waste.

Common pitfalls and tips

- Lying down for 15 to 30 minutes can help absorption and reduce leakage, especially if using vaginally during the day.
- Using the pessary at bedtime may reduce disruption.
- Minor discharge can occur as the pessary dissolves.

Estradot Patches

Medication type

Oestrogen patch

Storage

Store each patch in its original foil packet until use. Keep at room temperature, away from direct heat and out of the reach of children.

Preparation

1. Ensure the skin is clean, dry and free from oils, lotions, creams or powders.
2. Tear the pouch along the edge and remove the patch.

How to apply

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto a skin area below the waist.
3. Remove the remaining liner.
4. Press the patch firmly with the palm of your hand for around 10 seconds, making sure the edges stick well.



5. Wash your hands after applying.

Disposal

Dispose of used patches and empty packaging in household waste.

Common pitfalls and tips

- Estradot patches are usually changed twice weekly on the same days each week.
- If a patch falls off, apply a new patch and then return to your usual schedule.

Estriol Cream

Medication type

Vaginal oestrogen cream

Storage

Store in a cool, dry place, away from direct light and moisture.

Preparation

1. Remove the cap and use the pointed tip on the cap to pierce the tube seal.
2. If using internally, screw the open end of the reusable plastic applicator onto the tube.
3. Squeeze the tube from the bottom with both hands to fill the applicator barrel up to the red ring mark.
4. The plunger stops automatically at the correct dose (standard dose is 0.5 g of cream, containing 0.5 mg estriol).
5. Unscrew the filled applicator from the tube and replace the cap on the tube.

How to use

1. Lie on your back with knees bent and apart, or stand in a comfortable position.
2. Insert the open end of the applicator into the vagina as far as comfortable.
3. Push the plunger slowly and steadily all the way in to empty the cream.
4. Keep the plunger pressed down as you gently remove the applicator.
5. After use, pull the plunger fully out of the barrel and wash both parts in warm, soapy water.
6. Rinse well with clean water and allow to dry.
7. Do not use detergents or boiling water.
8. If advised, the cream can also be applied to the vulva using fingertips.

Disposal

Dispose of empty tubes and applicators in household waste.

Common pitfalls and tips

- There are two different strengths of estriol cream in use: 0.1 percent (standard) and 0.01 percent (low dose). Check your prescription and clinic letter.

Evorel Patches

Medication type

Oestrogen patch



Storage

Store in the original unopened pouch at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

1. Ensure the skin is clean, dry and free from oils, lotions, creams or powders.
2. Tear open the sachet along the notched edge when you are ready to apply the patch.

How to apply

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto a skin area below the waist.
3. Remove the remaining liner.
4. Press firmly with the palm of your hand for around 10 seconds, making sure the edges stick well.
5. Wash your hands after applying.

Disposal

Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common pitfalls and tips

- Evorel patches are usually changed twice weekly on the same days each week.
- If a patch falls off, apply a new patch and then return to your usual schedule.

Evorel Conti Patches

Medication type

Combined oestrogen and progesterone patch

Storage

Store in the original unopened pouch and carton at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

1. Ensure the skin is clean, dry and free from oils, lotions, creams or powders.
2. Tear open the sachet along the notched edge when you are ready to apply the patch.

How to apply

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto a skin area below the waist.
3. Remove the remaining liner.
4. Press firmly with the palm of your hand for around 10 seconds, making sure the edges stick well.
5. Wash your hands after applying.

Disposal



Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common pitfalls and tips

- Evorel Conti patches are usually changed twice weekly on the same days each week.
- If a patch falls off, apply a new patch and then return to your usual schedule.

Evorel Sequi Patches

Medication type

Sequential oestrogen and combined patches

Storage

Store in the original unopened pouch and carton at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

Ensure the skin is clean, dry and free from oils, lotions, creams or powders.

Tear open the sachet along the notched edge when you are ready to apply the patch.

How to apply

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto a skin area below the waist.
3. Remove the remaining liner.
4. Press firmly with the palm of your hand for around 10 seconds, making sure the edges stick well.
5. Wash your hands after applying.

Disposal

Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common pitfalls and tips

- Evorel Sequi packs contain two types of patches. Unless you have been advised otherwise, you usually start with Evorel 50 patches for the first 2 weeks, then switch to Evorel Conti patches for the next 2 weeks.
- Patches are usually changed twice weekly on the same days each week.
- If a patch falls off, apply a new patch and return to your usual schedule.
- Always follow your clinic letter if your schedule differs.

Lenzetto Spray

Medication type

Oestrogen spray

Storage

Store at room temperature, typically below 25°C.

Preparation



1. Prime a new container before first use. This only needs to be done once per container.
2. Keep the cover on and hold the container upright.
3. Press the button down fully three times.
4. Mark the three priming sprays on the dose tracker on the carton if helpful.

How to apply

1. Apply to clean, dry, unbroken skin on the inner thigh or forearm.
2. Avoid the face, breasts and genital area.
3. Remove the plastic cover and hold the container upright.
4. Rest the plastic cone flat against the skin so there are no gaps.
5. Press the button down fully once for a single dose.
6. If prescribed more than one spray, move to an adjacent, non overlapping area for each spray.
7. Allow to dry for at least 2 minutes before dressing. Do not rub or massage it in.
8. Wait at least 60 minutes before bathing, swimming or washing the area.
9. Avoid skin contact with others until the area is dry. Take care to prevent children and pets from touching the application site.

Disposal

Return finished devices to a pharmacy, as they may contain a small amount of hormone.

Common pitfalls and tips

- The spray contains alcohol and is flammable until dry. Keep away from open flames, lit cigarettes and hot devices until it has fully dried.
- Lenzetto delivers 56 sprays after priming. Marking the dose tracker can help you keep count.

Medroxyprogesterone (provera)

Medication Type

Progesterone only tablet

Storage

Store at room temperature, typically below 25°C. Keep out of reach of children

Preparation

1. Tablets are ready to swallow.

How to Take

1. Tablets should be taken whole with water
2. It is generally recommended to take at the same time each day to maintain consistency
3. Typically the dose is 2.5mg-10mg taken either every day, or for 12-14 days in every month.
4. It is essential to follow the exact instructions provided by your doctor and detailed on your prescription label. Do not take more or less of the medication than prescribed, or take it more often than directed
5. If you forget a dose, take it as soon as you remember unless it is nearly time for the next dose. Do not take a double dose.



Disposal

1. If the bottle or blister is empty, dispose of it in household waste (not recycling unless your local council allows).
2. Return unused or partially used medication to a pharmacy.

Common pitfalls and tips

1. Although this is the same hormone as the contraceptive injection, when taken in tablet format it is not a contraceptive

Oestrogel

Medication type

Oestrogen gel

Storage

Store at room temperature, typically below 25°C. Keep out of reach of children and away from direct sunlight.

Preparation

1. Before first use, remove the lid.
2. Press the plunger down a few times until gel comes out.
3. Do not use the first gel from the pump. Discard it.
4. The pump is now ready for use.

How to apply

1. Make sure your hands and the skin you are applying to are clean, dry and unbroken.
2. Hold the pump in one hand and place your other hand under the spout.
3. Press the plunger down firmly to dispense one measure of gel.
4. Apply to the upper outer arm and shoulder or the mid inner thigh. Avoid the breasts and genital area.
5. Spread the gel over a large area of skin.
6. If prescribed more than one pump, apply further pumps to different arms or thighs. If using 4 pumps, aim for one pump per limb.
7. Replace the lid and allow the gel to dry for around 5 minutes before dressing.
8. Wash your hands after application to reduce the risk of transferring gel to other parts of your body or to other people or pets.
9. Try to apply the gel at roughly the same time each day.

Disposal

1. If the bottle is empty, replace the lid and dispose of it in household waste (not recycling unless your local council allows).
2. Return unused or partially used bottles to a pharmacy.

Common pitfalls and tips

- The pump is empty when the plunger does not return after pressing. When this happens, stop using it and start a new bottle.
- Avoid showering or swimming for at least 2 hours after applying.



Progesterone Capsules (micronised progesterone)

Medication type

Oral progesterone capsule

Storage

Store at room temperature, typically below 25°C. Keep in the original blister pack and packaging, and out of reach of children.

Preparation

1. Wash your hands before use.
2. Remove the capsule from the packaging.

How to take

1. Take the capsule at bedtime with a glass of water.
2. Take on an empty stomach, ideally 2 hours after eating.
3. Your prescription may be for one capsule every night, or two capsules for 12 to 14 days of your cycle. Follow the instructions on your prescription and clinic letter.
4. If you forget a dose, take it as soon as you remember unless it is nearly time for the next dose. Do not take a double dose.

Disposal

Dispose of empty packaging and blister packs in household waste. Return unused medication to a pharmacy.

Common pitfalls and tips

- Some brands contain soybean lecithin. If you have a soya or peanut allergy, check with your pharmacist before taking.
- Progesterone can cause drowsiness. Taking it at night may reduce daytime sleepiness.

Sandrena Gel

Medication type

Oestrogen gel sachet

Storage

Store at room temperature, typically below 25°C. Keep out of reach of children and away from direct sunlight.

Preparation

1. Wash your hands before use.

How to apply

1. Make sure your hands and the application skin are clean, dry and unbroken.
2. Apply to the upper thigh or lower abdomen below the waist.
3. Hold the sachet upright with the tear notch at the top.
4. Tear along the notch using your fingers.
5. Squeeze the gel slowly onto the skin, making sure the sachet is empty.
6. Rub in gently and allow to dry for around 5 minutes before dressing.



7. Wash your hands after application to reduce the risk of transferring gel to other areas, people or pets.
8. If prescribed more than one sachet daily, repeat using a new sachet.
9. Try to apply at roughly the same time each day.

Disposal

Dispose of empty sachets in household waste. They cannot be recycled. Return unused sachets to a pharmacy.

Common pitfalls and tips

- Avoid showering or swimming for at least 2 hours after applying.

Slynd

Medication type

Progestogen only tablet

Storage

Store at room temperature in the original blister pack. Keep out of reach of children.

Preparation

1. Tablets are ready to swallow.

How to take

1. Take one tablet daily at the same time each day.
2. Follow the arrows on the pack: 24 white active tablets followed by 4 green placebo tablets.
3. Follow your clinic letter if you have been advised to omit the placebo tablets.

Disposal

Dispose of empty blister packs in household waste. Return unused tablets to a pharmacy.

Common pitfalls and tips

- Sometimes placebo tablets are included, and sometimes they are omitted. Check your clinic letter for your plan.

Testogel 40.5 mg Sachets

Medication type

Testosterone gel

Storage

Store at room temperature. Keep out of reach of children and away from direct sunlight.

Preparation

1. Wash your hands before use.

How to apply

1. Make sure your hands and the skin you are applying to are clean, dry and unbroken.
2. Apply to the upper outer thigh, lower abdomen or buttock.



3. Hold the sachet upright with the tear notch at the top and tear along the notch.
4. Squeeze out the prescribed amount onto the skin and rub in gently.
5. Allow to dry for 3 to 5 minutes before dressing.
6. Fold over the tip of the sachet and secure with a paper clip, storing it upright for the next day if you are using a sachet across multiple days.
7. Wash your hands after application to reduce the risk of transferring gel to other areas, people or pets.
8. Apply at roughly the same time each day and rotate application sites.
9. The standard starting dose is often one eighth of a sachet daily (around 0.3 mL), meaning one sachet lasts around 8 days, unless you have been prescribed a different dose. Always follow your clinic letter.

Disposal

Dispose of empty sachets in household waste. Return unused medication to a pharmacy.

Common pitfalls and tips

- Rotating the site reduces the risk of localised hair growth.
- Testogel is used off licence in women. Follow the dosing instructions carefully so the sachet lasts the correct number of days.

Utrogestan Capsules (100 mg)

Medication type

Progesterone capsule

Storage

Store below 30°C in the original packaging, away from moisture and light, and out of reach of children. Do not refrigerate or freeze.

Preparation

1. Wash your hands before use.
2. Remove the capsule from the packaging.

How to take

1. Take with a glass of water at bedtime.
2. Take on an empty stomach, ideally 2 hours after food.
3. Your prescription may be one capsule nightly or two capsules for 12 to 14 days of your cycle. Follow your prescription and clinic letter.
4. If you forget a dose, take it as soon as you remember unless it is nearly time for the next dose. Do not take a double dose.
5. Occasionally, your specialist may recommend using the capsule vaginally (off licence). If advised, insert the capsule well into the vagina using your finger. This is often easiest squatting or lying on your back or side.

Disposal

Dispose of empty packaging and blister packs in household waste. Return unused medication to a pharmacy.

Common pitfalls and tips

- Utrogestan contains soya. If you have a soya or peanut allergy, check with your pharmacist before use.



- The dose and route may vary. Follow your clinician instructions and ask if you are unsure.
- May cause drowsiness. Night time use may help reduce daytime sleepiness.

Utrogestan Pessaries (200 mg)

Medication type

Vaginal progesterone pessary

Storage

Store below 30°C in the original packaging, away from moisture and light, and out of reach of children. Do not refrigerate or freeze.

Preparation

1. Wash your hands before use.
2. Remove the pessary from the packaging.

How to use

1. Insert the pessary well into the vagina, using the applicator provided or your finger. This can be done squatting or lying on your back or side.
2. The pessary will melt and progesterone is absorbed. There is no need to remain lying down after insertion.
3. Use at night unless you have been advised differently.

Disposal

Dispose of empty packaging in household waste. Return unused medication to a pharmacy.

Common pitfalls and tips

- Utrogestan contains soya. If you have a soya or peanut allergy, check with your pharmacist before use.
- This preparation is licensed for use in pregnancy. Using it as part of HRT is off label. Follow your clinic letter.

Estradiol Vaginal Pessaries (Vagirux or Vagifem)

Medication type

Vaginal oestrogen pessary

Storage

Store below 30°C in the original packaging, away from moisture and light, and out of reach of children. Do not refrigerate or freeze.

Preparation

1. Wash your hands before use.
2. Remove the applicator device from its sealing foil, opening the plunger end first.
3. Vagifem pessaries come ready loaded in the applicator.
4. For Vagirux, insert the pessary into the applicator:
 - Gently pull the plunger out until you hear one click, then keep pulling until it stops. Do not pull past a second click.



- Take a vaginal tablet from the blister pack and place it firmly into the holder at the wide end of the applicator until it is secure.

How to use

1. Choose a comfortable position. You can stand with one leg raised, or lie on your back with knees bent.
2. Insert the applicator gently into the vagina as far as comfortable (around 8 to 10 cm), without force.
3. Press the plunger with your index finger until it stops and you hear or feel a click.
4. Remove the applicator. The tablet sticks to the vaginal wall and should not fall out.
5. If using Vagirux, clean the reusable applicator after use:
 - Pull the applicator apart into the tube and plunger.
 - Wash with mild soap and rinse with warm tap water for around 5 seconds.
 - Shake off excess water and allow both parts to air dry on a clean surface.
 - Reinsert the plunger into the tube for the next use.

Disposal

1. Vagifem applicators are single use. Dispose of them in household waste. Do not flush down the toilet.
2. Vagirux applicators can be reused up to 24 times, then should be discarded in household waste or recycled if your local guidance allows. Use a new applicator with each new pack.

Common pitfalls and tips

- It can take 8 to 12 weeks to feel the full benefit. Continue using as prescribed even if symptoms improve.
- If you miss a dose, use it as soon as you remember. Do not use a double dose to make up for a missed one.

Estring

Medication type

Vaginal oestrogen ring

Storage

Store at room temperature away from direct sunlight, keep in the original foil pouch until you are ready to use it and out of reach of children. Do not refrigerate or freeze.

Preparation

1. Wash your hands before use
2. Remove the ring from the pouch
3. Find a comfortable position- standing with one leg raised, squatting or lying on back with legs bent

How to use (insert)

1. Squeeze the ring between your fingers to make it oval
2. Gently insert the ring into the vagina as far as it is comfortable.
3. The ring stays in for 90 days
4. You can shower, bathe, exercise and have sex with it in (it does not usually need to be removed)



How to use (remove)

1. Wash your hands before removal
2. Insert one finger into your vagina
3. Hook your finger around the ring
4. Gently pull out
5. Insert the new ring immediately after removal if replacing

Disposal

Dispose of the ring in household waste

Pitfalls

If the ring falls out, rinse in lukewarm water immediately and reinsert as soon as possible. Please let your healthcare provider know if this happens

It can take 8-12 weeks to feel the full benefit

Bijuve

Medication type

Combined oestrogen and progesterone tablet (micronised)

Storage

Store at room temperature in a dry place. Keep the capsules in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

1. Wash your hands before use
2. Remove the capsule from the packaging

How to take

1. Take one capsule once a day, do not chew, crush or open the capsule
2. Take it by mouth with some water
3. Take it at bedtime as can cause drowsiness

Disposal

Take any unused/unwanted or expired capsules back to your pharmacist.

Do not flush any capsules down the toilet or sink. Do not put any unused capsules in household waste

Pitfalls

What to do if you forget a dose: If you remember within 12 hours of your usual time, take the capsule as soon as you remember. If more than 12 hours have passed, skip the missed dose, and take your next capsule at the usual time.

Desogestrel

Medication type

Oral progesterone tablet

**Storage**

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

1. Wash your hands before use
2. Take the tablet out of the packaging

How to take

1. Take with a glass of water at the same time each day
2. Swallow tablet whole, (do not crush or chew)
3. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Pitfalls

If you forget to take a dose, take it as soon as you remember.

If you are using this for contraception and you take it over 12 hours late you will need to use extra protection for the next 48 hours.

If you have had unprotected intercourse in the last 5 days and you are taking it over 12 hours late you should contact your health care provider or pharmacist to discuss emergency contraception

Femoston 1mg/2mg**Medication type**

Combined oral oestrogen and progesterone

Storage

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

1. Wash your hands before use
2. Take the tablet out of the packaging

How to take

1. Take with a glass of water at the same time every day
2. Swallow tablet whole do not crush or chew
3. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Pitfalls

If you forget to take a dose take it as soon as you remember if within 12 hours.



If more than 12 hours have passed skip the missed tablet, take your next tablet at the usual time

Femoston conti

Medication type

Combined oral oestrogen and progesterone

Storage

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

Wash your hands before use

Take the tablet out of the packaging

How to take

1. Take with a glass of water at the same time every day
2. Swallow tablet whole do not crush or chew
3. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Pitfalls

If you forget to take a dose take it as soon as you remember if within 12 hours.

If more than 12 hours have passed skip the missed tablet, take your next tablet at the usual time

Gepretix

Medication type

Progesterone capsule

Storage

Store below 30°C in the original packaging, away from moisture and light, and out of reach of children. Do not refrigerate or freeze.

Preparation

Wash your hands before use.

Remove the capsule from the packaging.

How to take

1. Take with a glass of water at bedtime.
2. Take on an empty stomach, ideally 2 hours after food.
3. Your prescription may be one capsule nightly or two capsules for 12 to 14 days of your cycle. Follow your prescription and clinic letter.
4. If you forget a dose, take it as soon as you remember unless it is nearly time for the next dose. Do not take a double dose.



5. Occasionally, your specialist may recommend using the capsule vaginally (off licence). If advised, insert the capsule well into the vagina using your finger. This is often easiest squatting or lying on your back or side.

Disposal

Dispose of empty packaging and blister packs in household waste. Return unused medication to a pharmacy.

Common pitfalls and tips

- Gepretix contains soya. If you have a soya or peanut allergy, check with your pharmacist before use.
- The dose and route may vary. Follow your clinician instructions and ask if you are unsure.
- May cause drowsiness. Night time use may help reduce daytime sleepiness.

Estraderm

Medication Type

Oestrogen-only patch

Storage

Store in the original unopened pouch and carton at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

Ensure the skin is clean, dry and free from oils, lotions, creams or powders.

Tear open the sachet along the notched edge when you are ready to apply the patch

How to use

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto the skin area below the waist (lower abdomen, upper thigh or buttock)
3. Remove the remaining liner
4. Press firmly with the palm of your hand for around 10 seconds making sure all the edges stick well
5. Wash your hands after applying

Disposal

Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common Pitfalls and tips

Estraderm patches are normally changed twice weekly on the same days of the week. If a patch falls off, apply a new patch and then return to your usual schedule.

Blissel

Medication type

Vaginal oestrogen gel



Storage

Store in a cool dry place, away from direct sunlight and moisture and away from children

Preparation

1. Wash your hands
2. Take the tube and remove the cap
3. Turn the cap upside down and use the point inside the gap to pierce the seal on the tube
4. Screw the applicator into the open tube
5. Gently squeeze the tube to fill the applicator until the plunger stops (this is one dose)
6. Unscrew the applicator from the tube

How to use

1. Lie on your back with knees bent and apart, or stand in a comfortable position
2. Insert the open end of the applicator into the vagina as far as it feels comfortable
3. Push the plunger slowly and steadily all the way to empty the gel
4. Keep the plunger pressed down as you gently remove the applicator
5. After use pull the plunger out fully out of the tube and wash both parts in warm soapy water and allow it to dry if it is re-usable. If it is non - reusable the plunger will not come apart and you will have multiple applicators in the box
6. Do not use detergents or boiling water
7. If advised the gel can also be applied to the the vulva using fingertips

Disposal

Dispose of empty tubes and applicators in household waste

Common Pitfalls and tips

A small amount of gel leakage is normal- wearing a panty liner can help.

Tostran

Medication type

Testosterone gel

Storage

Store at room temperature, below 25 in a cool dry place. Keep away from direct sunlight and out of reach of children and pets

Preparation

1. Wash your hands
2. Remove the cap off the bottle
3. If the cap has a sealed nozzle, use the point on the cap to pierce the seal
4. If it is the first time you are using a new bottle, you will need to prime the pump. Press the pump a few times until a small amount comes out to ensure the pump is ready to deliver the correct dose

How to use

1. Follow your Doctor's instructions regarding the dose. This may be to apply a very small amount (fraction of a pump every day) or to use 1 pump a few times a week



2. Dispense the correct amount on to your fingers by pressing down on the pump
3. Spread a thin layer over your upper outer thigh or lower abdomen, spread gently and do not rub hard. Rotate application sites
4. Allow the gel to dry for 2-5 minutes
5. Once dry, cover with clothing
6. Wash your hands again to remove any gel from your hands

Disposal

If the bottle is empty, replace the lid and can be disposed of in household waste. Return any unused bottles or partially used bottles to your pharmacy

Common Pitfalls and tips

Avoid skin-to-skin contact with others until the gel has dried. Showering, bathing and swimming should be avoided for at least 2 hours after applying

Femseven

Medication Type

Oestrogen-only patch

Storage

Store in the original unopened pouch and carton at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

1. Ensure the skin is clean, dry and free from oils, lotions, creams or powders.
2. Tear open the sachet along the notched edge when you are ready to apply the patch

How to use

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto the skin area below the waist (lower abdomen, upper thigh or buttock)
3. Remove the remaining liner
4. Press firmly with the palm of your hand for around 10 seconds making sure all the edges stick well
5. Wash your hands after applying

Disposal

Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common Pitfalls and tips

Femseven patches are normally changed weekly on the same day of the week
If a patch falls off, apply a new patch and then return to your usual schedule

Femseven conti

Medication type



Combined oestrogen and progesterone patch

Storage

Store in the original unopened pouch and carton at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

1. Ensure the skin is clean, dry and free from oils, lotions, creams or powders.
2. Tear open the sachet along the notched edge when you are ready to apply the patch

How to use

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto the skin area below the waist (lower abdomen, upper thigh or buttock)
3. Remove the remaining liner
4. Press firmly with the palm of your hand for around 10 seconds making sure all the edges stick well
5. Wash your hands after applying

Disposal

Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common Pitfalls and tips

Femseven conti patches are normally changed weekly on the same day of the week. If a patch falls off, apply a new patch and then return to your usual schedule.

Femseven sequi

Medication type

Combined oestrogen and progesterone patch

Storage

Store in the original unopened pouch and carton at room temperature (at or below 25°C). Keep away from direct sunlight, heat and moisture, and out of sight and reach of children.

Preparation

1. Ensure the skin is clean, dry and free from oils, lotions, creams or powders.
2. Tear open the sachet along the notched edge when you are ready to apply the patch

How to use

1. Bend the patch and peel off half of the protective liner, avoiding touching the sticky side where possible.
2. Place the adhesive side onto the skin area below the waist (lower abdomen, upper thigh or buttock)
3. Remove the remaining liner
4. Press firmly with the palm of your hand for around 10 seconds making sure all the edges stick well



5. Wash your hands after applying

Disposal

Fold the used patch in half so the sticky sides stick together, then dispose of it and the packaging in household waste. Do not flush patches down the toilet.

Common pitfalls

Femseven sequi patches are normally changed weekly on the same day of the week

If a patch falls off, apply a new patch and then return to your usual schedule

- Femseven Sequi packs contain two types of patches. Unless you have been advised otherwise, you usually start with Femseven oestrogen patches for the first 2 weeks, then switch to Femseven Combined patches for the next 2 weeks.

Elleste solo

Medication type

Oral oestrogen tablet

Storage

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

1. Wash your hands before use
2. Take the tablet out of the packaging

How to use

1. Take with a glass of water at the same time every day
2. Swallow the tablet whole. Do not crush or chew
3. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Common pitfalls

1. If you forget to take a dose take it as soon as you remember if within 12 hours.
2. If more than 12 hours have passed skip the missed tablet, take your next tablet at the usual time

Elleste duet

Medication type

Oral oestrogen and progesterone tablet

Storage

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

1. Wash your hands before use



2. Take the tablet out of the packaging
3. How to use
4. Take with a glass of water at the same time every day
5. Swallow tablet whole do not crush or chew
6. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Common pitfalls

1. If you forget to take a dose take it as soon as you remember if within 12 hours.
2. If more than 12 hours have passed skip the missed tablet, take your next tablet at the usual time

Elleste duet conti

Medication type

Oral oestrogen and progesterone tablet

Storage

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children

Preparation

1. Wash your hands before use
2. Take the tablet out of the packaging

How to use

1. Take with a glass of water at the same time every day
2. Swallow tablet whole do not crush or chew
3. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Common pitfalls

If you forget to take a dose take it as soon as you remember if within 12 hours.
If more than 12 hours have passed skip the missed tablet, take your next tablet at the usual time

Zumenon

Medication type

Oral oestrogen tablet

Storage

Store at room temperature in a dry place. Keep the tablets in the original blister pack and carton to protect from light. Do not refrigerate or freeze and keep out of reach of children



Preparation

1. Wash your hands before use
2. Take the tablet out of the packaging

How to use

1. Take with a glass of water at the same time every day
2. Swallow tablet whole do not crush or chew
3. Take as prescribed every day

Disposal

Return any unused or out of date tablets to your pharmacist, do not put unused tablets in household waste.

Common pitfalls

If you forget to take a dose take it as soon as you remember if within 12 hours. If more than 12 hours have passed skip the missed tablet, take your next tablet at the usual time

Universal safety information

Before you start

This guide provides general information on storing and using medicines. Always follow the instructions on your medicine label and the plan in your clinic letter. If the advice differs, follow your clinic letter and contact your care team if you are unsure.

Keep medicines safely

- Keep all medicines out of sight and reach of children and pets.
- Store medicines as described in the Storage section for each medication.
- Do not use medicines after the expiry date on the packaging.

When to get medical advice

Contact your care team or pharmacist if:

- you are unsure how to use your medicine
- you think you have taken too much or used it incorrectly
- you develop a new symptom that concerns you
- you notice side effects that are troublesome or do not settle

When to seek urgent help

Seek urgent medical advice (for example NHS 111, or emergency services in an emergency) if you:

- have signs of a serious allergic reaction, such as swelling of the face, lips, tongue or throat, difficulty breathing, or widespread rash
- feel suddenly very unwell after using a medicine

Avoid transferring hormones to other people

Some hormone gels, creams and sprays can transfer to other people through skin contact.

- Apply only to clean, dry, unbroken skin as directed.
- Allow the area to dry fully before covering with clothing.
- Wash your hands after application.



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- Avoid skin contact between the application site and other people until the area is dry. Take extra care around children and pets.

Missed doses

If you miss a dose, follow the instructions in your clinic letter or patient leaflet. Do not use a double dose unless you have been specifically advised to do so.

Disposal

- Do not flush medicines, patches, applicators or packaging down the toilet unless you have been told to do so.
- Return unused medicines to a pharmacy where advised.

Reporting side effects

If you think you are having a side effect, talk to your clinician or pharmacist. You can also report suspected side effects through the Yellow Card scheme (MHRA).