YOUR HORMONE THERAPY GUIDE

Applying your estradiol patch

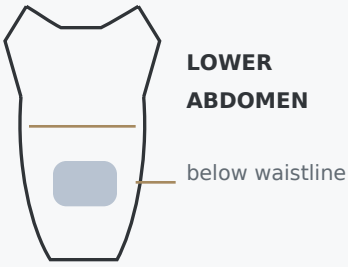
A simple routine for comfortable, consistent use

YOUR PRESCRIPTION

Patch strength: _____ mg/day Change: [ ] weekly [ ] twice weekly

Change day(s): _____ Start date: _____

01 Choose the placement area



Use clean, dry, intact skin on the lower abdomen.
Some patch brands also allow the upper buttock; check the leaflet for the brand you received.
Never place the patch on or near the breasts.
Avoid irritated skin, the waistband, and tight clothing.

02 Apply & press

1. Open the pouch only when ready to use the patch.
2. Peel off the liner; avoid touching the sticky surface.
3. Place it on dry skin free of lotion, oil, or powder.
4. Press firmly with your palm, especially at the edges.

03 Change on schedule

Remove the old patch before applying the next one. Rotate to a new spot; wait at least 1 week before reusing the exact site. Keep wearing your patch throughout the month, including the days you take progesterone.
If a patch lifts, falls off, or a change is missed, check your brand leaflet.

FOLD USED PATCHES STICKY SIDE IN; DISCARD SAFELY AWAY FROM CHILDREN AND PETS.

Call the clinic for persistent skin irritation, unusual bleeding, or questions about your schedule.

Sources: DailyMed, estradiol transdermal system Instructions for Use; Vivelle-Dot labeling.