

Use The Following Guidelines When Applying Your Prescribed Medication

Always follow the doctor's instructions

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Topical Cream Applications

- Your skin should be clean and dry. Do not apply to sun damaged or fatty areas of skin. You should rotate the areas of application every week so that individual sites do not become saturated.
- You should try to apply your cream at the same time each day.
- For best absorption using oestrogen or progesterone dermal cream, massage the cream into different skin areas where it can be easily absorbed. It is recommended that the cream be massaged into regions of the skin that are thinner such as the ***inner arms, neck, the wrists, the lower abdominal area, and the inner thighs***. These areas are usually soft/smooth and can easily absorb the cream.
- For best absorption using testosterone dermal cream, apply cream to the ***buttocks***. Divide the buttocks into 4 quadrants (application sites) and apply the cream to one section of the buttocks. ***Move the site of application every week.***

Topi-Click Dispenser



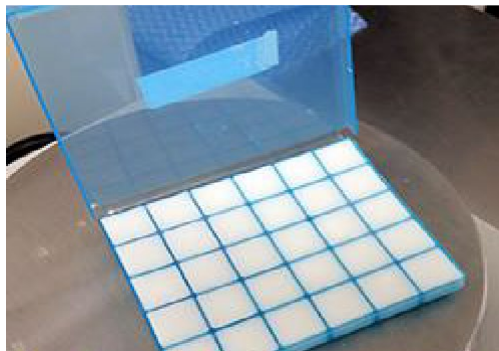
- Pop the cap off the Topi-Click container by placing your thumb under the tab on the protective outer cap and pushing upward.
- Turn the base anti-clockwise to dispense the number of clicks specified in the instructions on your prescription label.
- *Note: If the cream does not dispense once you have turned the base of the Topi-click container you may need to turn the base a few more clicks initially in order to bring the cream to the top and ready to be dispensed, as the cream may have moved around during transit.*
- Prevent evaporation of next dose by snapping the cap on completely.
- For patients that are **not on the Direct Debit/Automatic Dispense** - When the bottom line reaches the engraved line above the word “Refill”, it is recommended that you call in to place your next order for medication as part of your treatment program before you are due to run out as there are approximately 12 clicks left.



Syringe

- Remove the small cap from the end of the syringe.
- Depress plunger to one line (1 gram) of cream and apply to the area advised by doctor.
- Each syringe will hold 10, 15, 20 or 30 grams of cream depending on the recommended use as instructed by the Menopause Centre's doctor. Please follow the instructions on the label.

Troche/Lozenge (Transbuccal) Application



- Each troche can be cut in half with a sharp knife. Cutting into quarters is also possible along the score lines, on the underside of the troche.
- We recommend you take your troches after meals however some patients will prefer to take their troches before meals.
- You should try to take your troche at the same time each day.
- You should allow your troche to fully dissolve before going to sleep.
- Always follow instructions on the label.
- It will take between 10-30 minutes for your troche to dissolve.
- To decrease dissolving time, you may flatten each troche between your fingers so that it looks like a disc.
- Place this disc in your cheek pocket (between the gum and cheek) or under your tongue (sublingual) and allow it to dissolve.
- Some residue may be left after 30 minutes – if so, discard and rinse mouth out with water.

STORAGE OF TROCHES:

- Troches do not need to be kept in the fridge unless room temperatures are above 30 degrees.
- Troches have a shelf life of 3 months.

Capsules (Oral) Application



- It is recommended that your capsules be kept in a cool, dry place, unless instructed by your Doctor to keep them in the refrigerator.
- Take as directed by your doctor

Vaginal Applications

Cream

The tube can hold up to 60 applications.

1. Filling the applicator – remove the cap from the tube. Screw the applicator on to the tube and fill the applicator with amount as directed by the Doctor.
2. Insert the applicator as deeply into the vagina as possible then push down on the plunger to ensure complete expulsion of the cream.
3. After application it is important to wash the applicator with warm water. Do not use cleaning products to clean it due to potential irritation. Always replace the cover and store in a clean area.

Pessaries

Use pessaries once daily, before going to bed, unless otherwise specified by your doctor.

One pessary should be inserted into the vagina.

1. Wash your hands thoroughly with soap
2. Remove one individual pessary from pack by first tearing or cutting along the perforation between each unit
3. Remove pessary from individual pack by peeling apart the divided flaps at the rounded end of the plastic pessary shell, and gently pinching the opposite end to push pessary out of shell
4. Insert the pessary, pointed end first, with your finger, as deep as possible
5. Remain lying down for approximately 15 minutes after insertion

PLEASE NOTE:

- Cleanliness is essential, maintain hygiene
- Store pessaries in a cool, dry area, away from direct sunlight. Your pessaries are best stored refrigerated.
- If insertion is uncomfortable, you may wish to lubricate the pessary tip with a water soluble lubricant such as KY Jelly (**not petroleum jelly/Vaseline**) or alternatively slightly wet the pessary tip with water (this is just as effective)

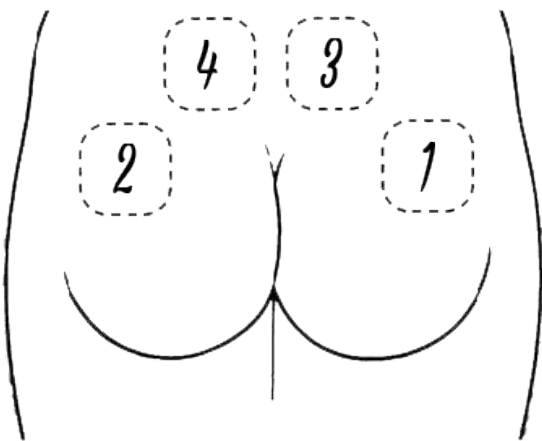
Your medication has a recommended shelf life of 3 months from dispensing date.

**NB: Once your compounded medication has been dispensed, it, unfortunately, cannot be returned as it has been made especially for you.*

Other Medication Application

Please click on the links below to find the Consumer Medicine Information (CMI) related to your prescribed medication.

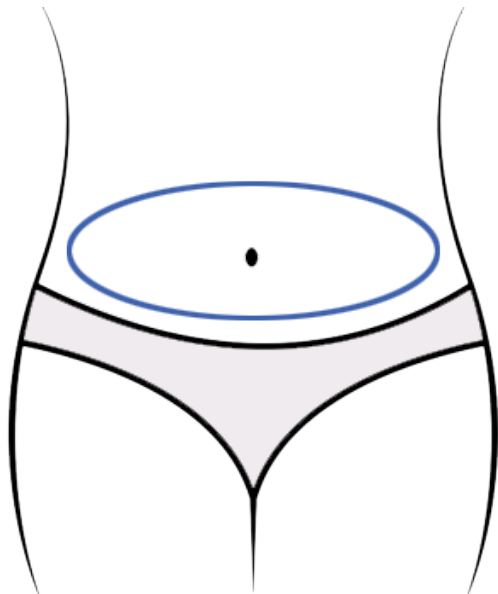
[Estraderm MX](#)



Suggested site applications for Estraderm patches:

- 1 & 2 first week
- 3 & 4 second week
- 1 & 2 third week etc.

[Estradot](#)



Place Estradot on a clean, dry area of the abdomen.
The site of application must be rotated, with an interval of at least 1 week between applications to a particular site.

[Estrogel](#)

[E](#)

[O](#)

[Climara](#)