HOW TO USE SEQUENTIAL HRT PATCHES

Bristol Menopause Research Group

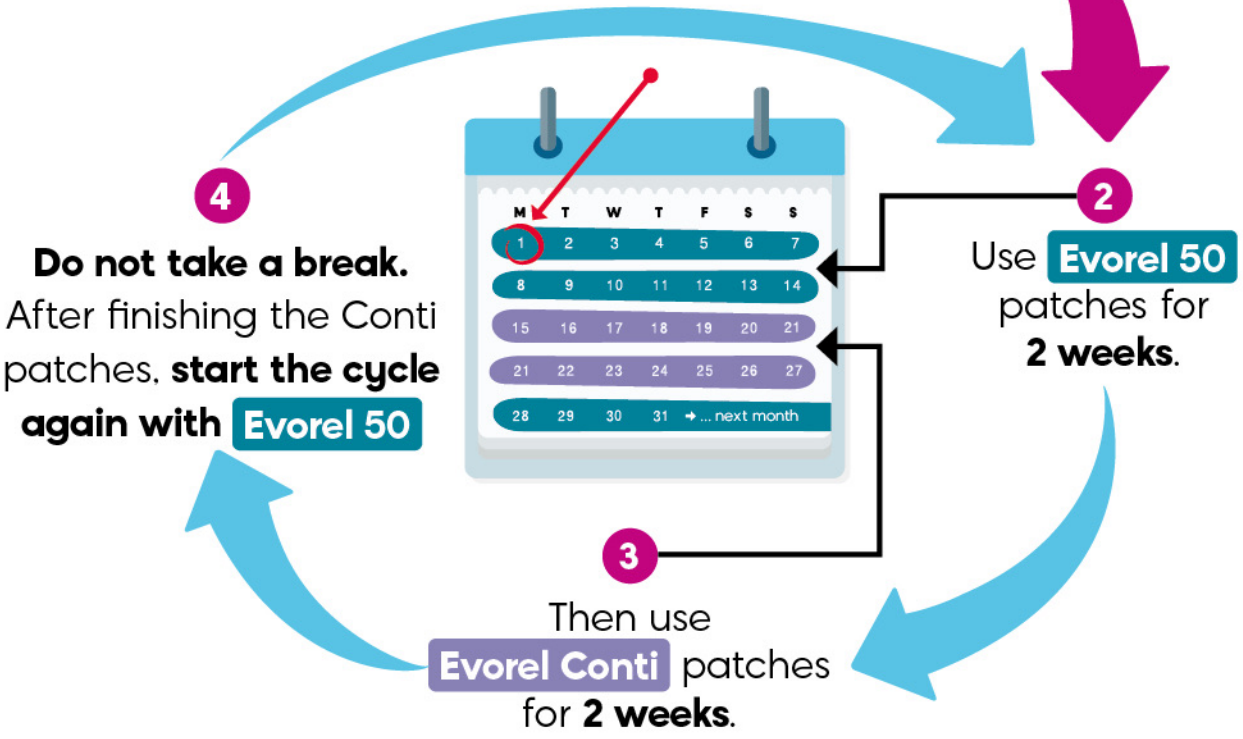


Each Evorel sequi box contains 2 types of patches:

- **Evorel 50** – contains oestrogen only
- **Evorel Conti** – contains oestrogen and progesterone

How to start

1 If you are still having periods, start on the first day of your period.



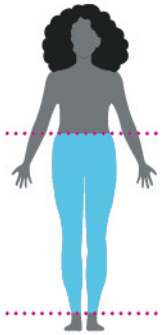
2 Use **Evorel 50** patches for **2 weeks**.

3 Then use **Evorel Conti** patches for **2 weeks**.

4 **Do not take a break.** After finishing the Conti patches, **start the cycle again with Evorel 50**

How to put on the patch

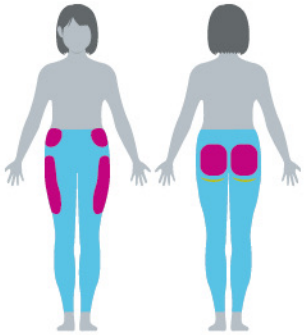
1. Choose an area **below your waist**.



2. Put the patch on skin that is **clean, dry** and **not too hairy**.



3. Good places are the **outer thigh**, **buttock** or **hip**.



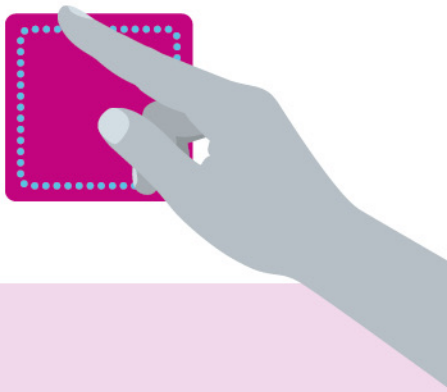
4. **DO NOT** use moisturiser or sunscreen first.



5. **Press the patch firmly** for 10 seconds.



6. **Press down** with your finger **over the edges** to make sure it sticks well.

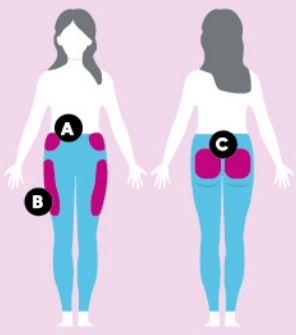


Changing patches

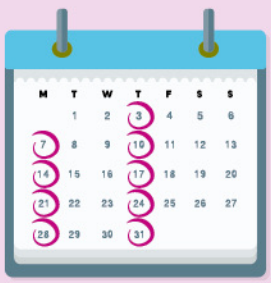
Change the patch twice each week (eg Monday and Thursday).



Put each new patch **on a different area of skin**.



Try to use the **same days every week**.



If the glue stays on your skin, you can remove it with oil or make up remover.

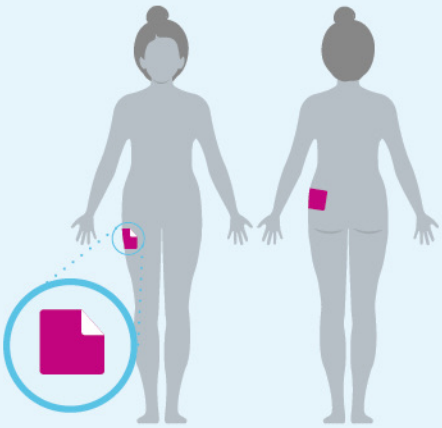


After putting on the patch

The patch should stay on in the shower, bath, or swimming pool.



If the patch falls off, apply a new patch to a different place.



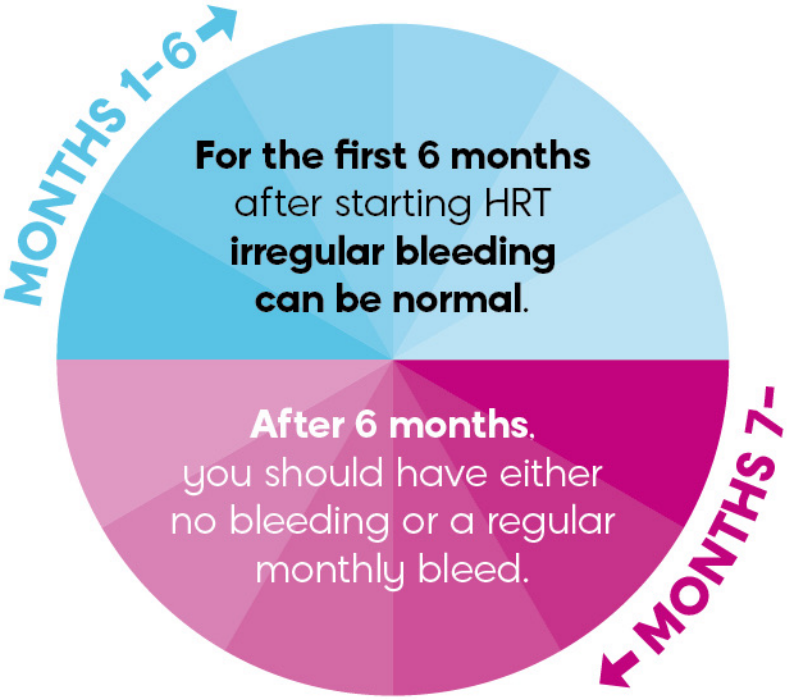
Speak to your GP surgery if:

– the patch keeps falling off

– your skin becomes sore or itchy.



Bleeding after starting Evorel Sequi



Contact your GP if you have heavy* bleeding or your bleeding lasts more than 7 days, or if you still have irregular bleeding after 6 months.

***Heavy bleeding** is changing your towel or tampon more often than every two hours or passing clots bigger than a 50p piece.

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