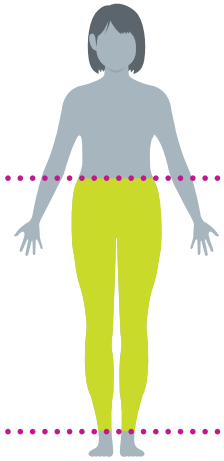
HOW TO USE HRT PATCHES

NHS

Bristol Menopause Research Group

How to put on the patch

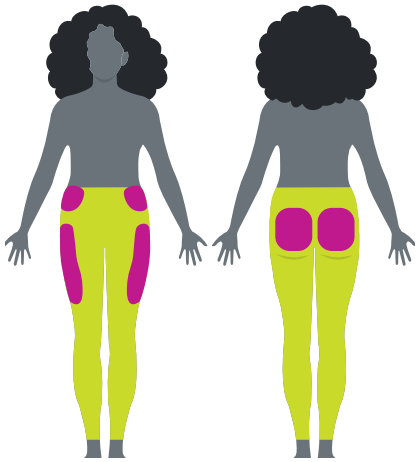
1. Choose an area **below your waist**.



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.

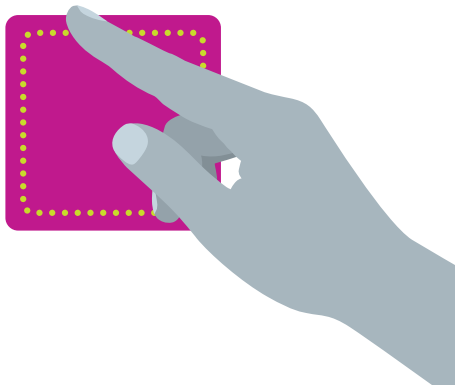


5. **Press the patch firmly** for 10 seconds.



10 seconds

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

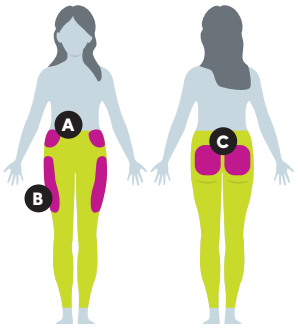


Changing patches

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



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



Change the patch on the **same days of every week**.



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

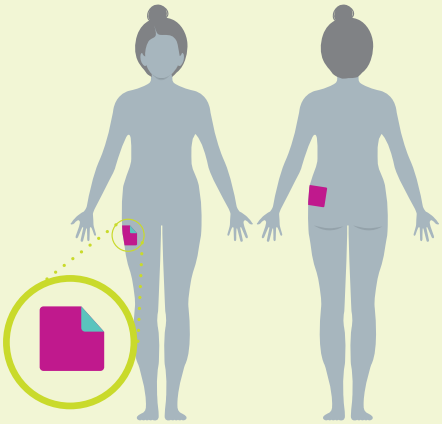


After putting on the patch

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.

