HOW TO USE HRT SPRAY

NHS

Bristol Menopause Research Group

Before you use the spray
(first time only)

When you first open the box, **press the button down 3 times WITHOUT taking the cover off**. It is now ready for use.

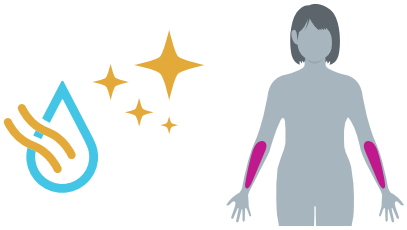


How to use the spray

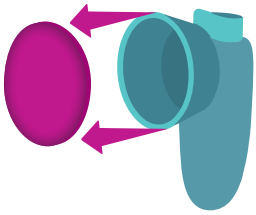
1. Use the spray **once every day**.



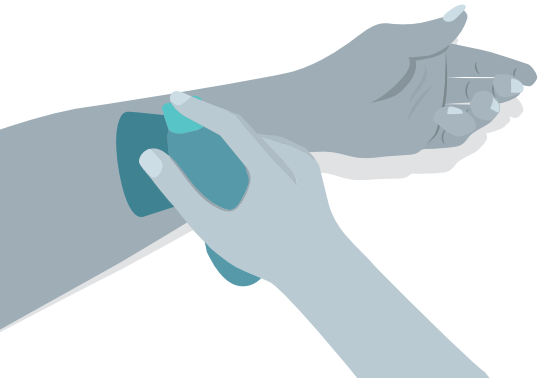
2. Apply to clean, dry skin on your **inner forearm**.



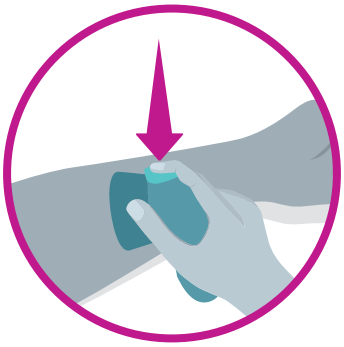
3. **Remove** the plastic cover.



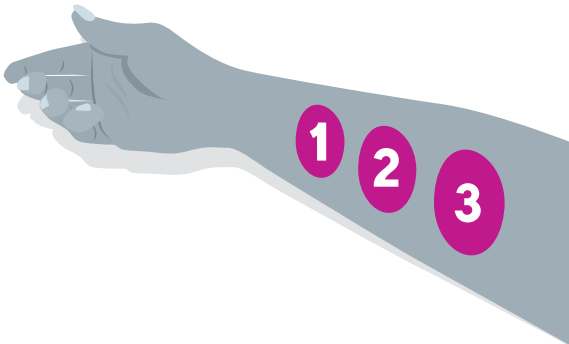
4. **Hold the spray upright** and place the plastic cone against your skin.



5. **Press the button down** to spray.

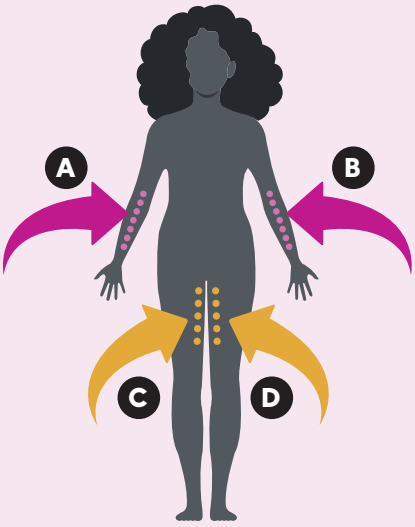


6. **If you need more than one spray**, move the spray along your arm so the areas do not overlap.



7

If you are prescribed 3 or more sprays, you may need to use both inner forearms. You can also use your inner thigh, if needed.



8

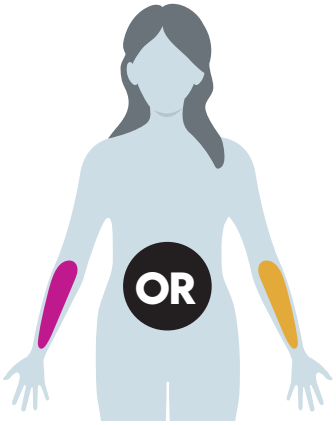
Allow the spray to dry for about 2 minutes before getting dressed.



2 min

9

Use the same arm each day.



X

DO NOT apply sunscreen or moisturiser to the area for at least 1 hour.





1 hour

X

DO NOT shower or swim for at least 1 hour.





1 hour

X

DO NOT let other people, especially children and pets, touch the area.

You may want to wear long sleeves or apply the spray to your inner thigh to prevent contact.

