HOW TO USE HRT GEL

NHS

Bristol Menopause Research Group

Before you use the pump (first time only)

1. Take the cap off the pump.



2. **Press the pump a few times** until gel comes out.



3. **Throw this gel away.**

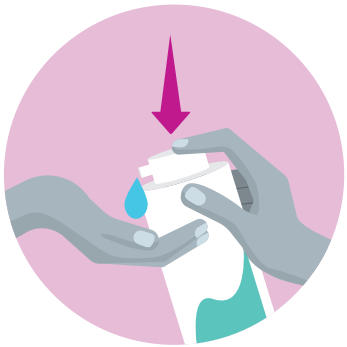


How to put on the gel

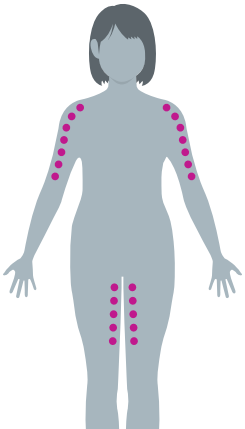
1. Use the gel **once every day**.



2. **Pump the gel onto your hand.** Make sure you press the pump all the way down.



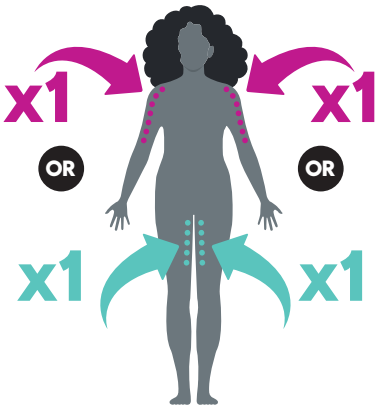
3. Spread the gel thinly over a large area of clean, dry, skin on:
   - your **inner thighs**, or
   - your **outer upper arms**.



4

Do not use more than:

- 1 pump on each leg **or**
- 1 pump on each arm.



5

Wash your hands with soap and water.



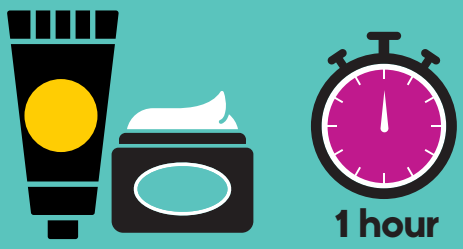
6

Let the gel dry for about 5 minutes before getting dressed.



X

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



X

AVOID skin contact with your partner for 1 hour.



X

DO NOT shower or swim for at least 1 hour.



X

AVOID skin contact with children – keep the area covered if needed.

