

how to apply transdermal and intravaginal medications

Congratulations! You are ready to officially begin your path to feeling better. You no longer have to agonize over your symptoms—your physician has designed an effective treatment plan that begins now. Since your plan includes hormone therapy, you need to know a few details about how to apply the medications. Don't worry—it's simple—and this step-by-step guide will make administering your medication easy.

Sites for routine transdermal application

General directions:

- 1** Rub cream in thoroughly for 60-120 seconds in an area the size of a small plate so the cream can cover as much skin as possible with dose prescribed.
- 2** Wash hands before and after application of cream or ovules.
- 3** Avoid showering for a minimum of 4 hours after application of cream.
- 4** Do not dress the area for 30 minutes after application of cream.
- 5** Work with your health care practitioner to determine which application sites are best for you.

Estrogen Cream

For optimum results, apply estrogen cream to:

Outer thighs, Inner thighs, Hips or Buttocks

Avoid estrogen sensitive tissue such as the breasts.

Progesterone Cream

For optimum results, apply progesterone cream to:

Outer thighs, Inner thighs, Hips or Buttocks

Testosterone Cream

For optimum results, apply testosterone cream to:

Outer thighs, Inner thighs, Hips or Buttocks

It is best to rotate sites every 1 to 2 days

Estriol Ovules

Insert estriol ovule inside the vagina as directed by your physician.

