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APPLYING TOPICAL ESTROGEN

IMPORTANT CONSIDERATIONS

- Only apply the amount recommended by your physician
- Creams can be transferrable to other people and pets. Be sure to avoid applying cream/gel to an area where you can be “grabbed” unless covering the area with clothing. Also, wash clothing that comes in contact with topical hormones separately from clothing belonging to other family members.

HOW TO APPLY TOPICAL ESTROGEN

- Wash hands well before and after use
- Apply cream/gel only to an area where skin is clean, dry, and intact (do not apply to damaged or broken skin)
- Apply at approximately the same time each day (can be in the morning or at bedtime)
- Apply where the skin is warm to help with absorption
- Apply to areas where the skin is thin (avoid areas with fat pads)
- Rotate application sites
- Rub cream in gently for at least 2 minutes
- Wait at least 5 minutes before applying any perfumes, body lotions or creams, or clothing; ideally do **NOT** apply anything over top for at least 30 minutes
- Apply after bathing/swimming or wait at least 30 minutes to bathe/swim after applying

- Do not exercise for at least 2 hours after applying cream/gel
- Do not apply any other hormone creams/gels underneath estrogen

SITES OF APPLICATION

- Inner wrist
- Inner upper arm (but not all the way to the armpit)
- Inside crook of elbow
- Inner thighs
- Do **NOT** apply on face, neck, breasts, buttocks

POSSIBLE SIDE EFFECTS

Side effects are unlikely to occur. If they do occur, they are usually mild and temporary in nature and usually occur only if too much is used. They may include:

- Headaches
- Fluid retention
- Weight gain
- Breast tenderness or swelling
- Irritability
- Anxiety
- Nausea or stomach upset
- Dizziness
- Spotting (light vaginal bleeding)
- Depression

STORAGE

- Store cream/gels at room temperature in a cool, dry area