

The BSPED is one of the affiliated speciality groups of the Royal College of Paediatrics and Child Health.

The society aims to improve the care of children and young people with endocrine disorders or diabetes mellitus, by bringing together professionals from a range of disciplines.

Please contact your local nurse or hospital doctor if you need more advice about your child's condition.

Produced by members of the BSPED and reviewed by the BSPED Clinical Committee.

Reviewed : 25/09/2024

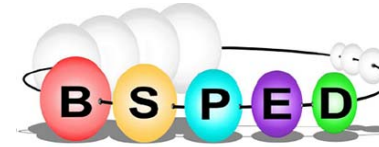
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British Society for  
Paediatric Endocrinology  
and Diabetes

## Patient information Leaflet for Evorel Patches

(Print version)

Information for patients, parents and carers



## What is Evorel?

Evorel 25 is a patch, which contains 25 micrograms of the female hormone oestrogen (which is also known as oestradiol). You may be prescribed Estradot or Estraderm patches if your pharmacy can't obtain Evorel patches.

The patch releases the hormone slowly into your body through the skin.

This treatment is used for hormone replacement therapy to help you go through puberty. The patch is not a contraceptive.

## Who needs hormone replacement therapy

Adolescent girls whose ovaries are not working or have delayed puberty will need to take oestrogen to go through puberty.

The treatment can be either given in tablet form or using patches.

The oestrogen is needed for:

- Breast development
- Growth of the uterus (womb) to an adult size and shape.
- A good growth spurt.

Improving your bone strength and general health

## How is this prescribed?

Usually your GP will prescribe the patches for you once they have received a letter from the paediatric endocrine team.

The aim of this treatment is to copy the normal changes that happen in puberty. To do this you will start on a very low dose of oestrogen and increase the dose by small amounts every 6-12 months. The timing of the changes will depend on how your body responds to the oestrogen.

To be able to give small enough doses, the patch needs to be cut into smaller sizes (half or quarters). Once the full 25 microgram patch is reached the next step is to usually increase to a 50 microgram patch.

## Why use patch oestrogen?

Compared to other forms of Oestrogen the Patch oestrogen has a lower risk of deep vein thrombosis, stroke and heart attacks. It also provides oestrogen in the most natural form.

## When should I change my patch?

When you are needing to wear a patch every day it should be changed every 3-4 days (twice a week). It is important to change your patch on the same two days every week. This means that one patch is on for three days and the next patch for four days.

For example, if you apply your first patch on a Monday, change it on Thursday and again on the following Monday.

## Where should I apply the patch?

The patch **must** be applied to an area of skin that is **below** the waist. Ideal areas are the thighs or bottom. It is important that you choose a different area of skin every time you change the patch.

When you change the patch you need to make sure your skin is clean and dry before applying a new patch. If you have just had a shower or bath, wait for some time for your skin to cool down before applying the patch. It may help the patch to stick if you use a hairdryer to blow warm air onto it just after applying.

### **DO NOT** apply the patch:

- × Near your breasts or above the waist.
- × On skin that is irritated, cut or spots.
- × On areas of skin that are in contact with tight clothes e.g. waistbands.
- × To areas of skin where you have used moisturizer or other creams.
- × To the same area of skin twice in a row.



## How to apply a patch

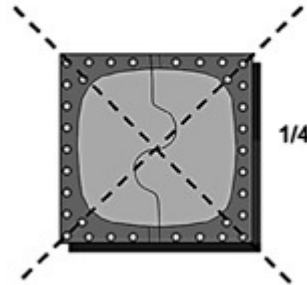
To apply a new patch follow steps 1-3

### Step 1: Opening the packet

- If the new packet is open **do not** use the patch
- Use the notches to tear along the packet (tear along two edges of the pouch)
- Remove the patch from the packet
- Keep the packet for storing the unused part of the patch (after cutting)

### Step 2: Cutting the patch

- At the start of puberty you only need a very small amount of oestrogen. This means the patch will need to be cut. You may only need to wear the patch for 3-4 days each week to start with. Your doctor or nurse will tell you how much of a patch you should be using



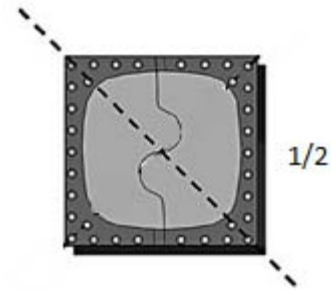
### Cutting the patch into quarters

- Cut the patch with the backing on
- Cut the patch using sharp scissors as shown in the picture.
- Cut the patch diagonally as this is the most accurate.
- Place the unused part of the patch back into the packet.
- This can be stored for 4 weeks.



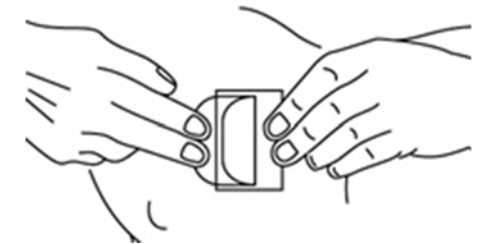
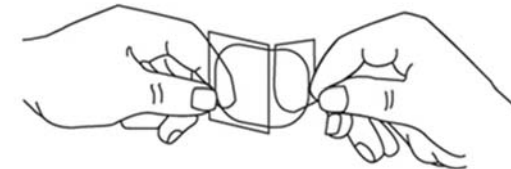
### Cutting the patch into halves

- Cut the patch with the backing on
- Cut the patch using sharp scissors as shown in the picture.
- Cut the patch diagonally as this is the most accurate.
- Place the unused part of the patch back into the packet.
- This can be stored for 4 weeks.



### Step 3: Applying the patch

- Peel off half of the backing
- Try not to touch the sticky side, as it may stop it sticking to your skin when putting it on
- Press the sticky side onto your skin and remove the remaining backing
- Push down firmly on the patch with the palm of your hand to ensure the patch sticks
- You may find you need a clear dressing such as Mefix® tape or Opsite to help cut patches stick to the skin



### How to remove the patch:

- Find an edge of the patch and peel it off your skin
- If any stickiness remains you can use plaster remover or baby oil to remove it
- Fold the used patch in half so it sticks together and place it in the household bin

### Troubleshooting:

#### **What if the patch falls off before it's due to be changed?**

- Apply a new patch
- Then change your patch on the 'usual' day

#### **What if I forget to change my patch?**

- Apply a new patch as soon as you remember
- Then change your patch on the 'usual' day

### Can I?

- **Have a shower or bath?** Yes, just don't rub the area too much
- **Go swimming?** Yes
- **Play sport normally?** Yes, just avoid placing the patch on a waistband area
- **Go out in the sun?** Yes, just make sure the patch is not on an area of skin that is in direct sunlight.

We hope this leaflet has helped you understand how to use the Evorel patches. The leaflet was produced using the most up to date evidence available. If you have any questions or concerns please contact your endocrine nurse or doctor.