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2. Evamist

# Evamist

**Generic name:** [estradiol topical \(for use on skin\)](#) [ *ess-tra-DYE-ol-TOP-ik-al* ]

**Drug class:** [Estrogens](#)

Medically reviewed by [Philip Thornton, DipPharm](#). Last updated on Nov 22, 2024.

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## What is Evamist?

Evamist is a transdermal spray containing estradiol. Estradiol is a form of estrogen, a female sex hormone that regulates many processes in the body. Each spray delivers 90 mcL which contains 1.53 mg of estradiol.

Evamist is used to reduce moderate to severe hot flashes due to [menopause](#).

Evamist may also be used for purposes not listed in this medication guide.

## Warnings

You should not use Evamist if you have any of the following conditions: a history of heart attack, stroke, or blood clot, a bleeding or blood-clotting disorder, liver disease, abnormal vaginal bleeding, history of an allergic reaction to estradiol topical, or a hormone-related cancer such as breast or uterine cancer.

**Do not use Evamist if you are pregnant.**

Estradiol may increase your risk of developing a condition that may lead to uterine cancer. Call your doctor at once if you have any unusual vaginal bleeding while using this medicine.

Children should avoid coming into contact with skin areas where you have applied Evamist. **Topical estradiol is absorbed through the skin and can cause side effects in a child who comes into contact with this medicine or with skin where Evamist was applied.**

Estradiol should not be used to prevent heart disease, stroke, or dementia, because this medicine may actually increase your risk of developing these conditions. Long-term use may also increase your risk of breast cancer or blood clot.

## Before using this medicine

You should not use Evamist if you have:

- abnormal vaginal bleeding that has not been checked by a doctor;

- any type of breast, uterine, or hormone-dependent cancer;
- a history of heart attack, stroke, or blood clot (especially in your lung or your lower body);
- liver disease;
- a bleeding or blood-clotting disorder;
- if you are pregnant or may become pregnant; or
- if you have ever had an allergic reaction to estradiol topical.

Estradiol **will not** prevent heart disease, heart attack, stroke, breast cancer, or dementia, and may actually increase your risk of developing these conditions. Estradiol may also increase your risk of uterine or ovarian cancer. Talk with your doctor about your individual risks.

To make sure Evamist is safe for you, tell your doctor if you have:

- unusual vaginal bleeding;
- heart disease;
- asthma;
- epilepsy or other seizure disorder;
- liver or kidney disease;
- hereditary angioedema;
- endometriosis;
- a thyroid disorder;
- lupus;
- high levels of calcium in your blood (hypercalcemia);
- migraines;
- gallbladder disease; or
- risk factors for coronary artery disease (such as diabetes, smoking, being overweight, having high blood pressure or high cholesterol, having a family history of coronary artery disease, being older than 40, or if you have had a hysterectomy).

**Do not use Evamist if you are pregnant.** Use effective birth control to prevent pregnancy while you are using this medicine.

Estradiol can pass into breast milk and may harm a nursing baby. Evamist may also slow breast milk production. Do not use Evamist if you are breast-feeding a baby.

 [Evamist pregnancy and breastfeeding warnings](#) (more detail)

## How should I use Evamist?

Use Evamist exactly as prescribed by your doctor. Follow all directions on your prescription label. Do not use this medicine in larger or smaller amounts or for longer than recommended.

Estradiol may increase your risk of developing a condition that may lead to uterine cancer. Your doctor may prescribe a progestin to take while you are using estradiol, to help lower this risk. **Report any unusual vaginal bleeding right away.**

Read all patient information, medication guides, and instruction sheets provided to you. Ask your doctor or pharmacist if you have any questions.

Apply Evamist only to clean, dry, unbroken skin. Do not apply to skin that is red or irritated. Never apply Evamist to the breasts.

To use Evamist topical spray:

- Apply the Evamist spray to the skin on the inside of your forearm, just below the elbow. Use the spray at the same time each day.
- You will need to prime the Evamist pump before using it for the first time. To prime the pump, leave the cover on, hold the bottle in an upright position, and press the pump completely down 3 times. The pump is now ready for use.
- Place the cone of the spray applicator directly to your skin and hold the pump upright. Press the pump firmly and fully one time only. If your doctor has prescribed more than one spray, choose a different place on your inside forearm for the second spray. Use only the number of sprays your doctor has recommended.
- Do not rub the spray in, but allow it to dry on your skin for at least 2 minutes before you dress. Do not wash your arm for at least 30 minutes after applying the spray.

Avoid allowing other people to get Evamist on their skin. If this happens, wash the area thoroughly with soap and water. Children should avoid coming into contact with skin areas where you have applied Evamist. If contact does occur, wash with soap and water right away. Cover treated areas with clothing to protect others from coming into contact with the skin where you apply this medicine.

Your doctor should check your progress on a regular basis (every 3 to 6 months) to determine whether you should continue this treatment. Self-examine your breasts for lumps on a monthly basis, and have regular mammograms while using estradiol.

If you need surgery or medical tests or if you will be on bed rest, you may need to stop using Evamist for a short time. Any doctor or surgeon who treats you should know that you are using estradiol.

Store Evamist at room temperature away from moisture and heat.

 [Detailed Evamist dosage information](#)

## What happens if I miss a dose?

Use the missed dose as soon as you remember. If you are more than 12 hours late, skip the missed dose. Do not use extra medicine to make up the missed dose.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. Overdose symptoms may include nausea, vomiting, stomach pain, breast tenderness, drowsiness, and vaginal bleeding.

## What should I avoid while using Evamist?

Avoid getting Evamist in your eyes. If this does happen, rinse with water.

Wait at least 25 minutes after applying Evamist before you apply sunscreen to the same skin area.

Grapefruit and grapefruit juice may interact with estradiol and lead to potentially dangerous effects. Discuss the use of grapefruit products with your doctor.

## Evamist side effects

Get emergency medical help if you have **signs of an allergic reaction to Evamist**: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Stop using Evamist and call your doctor at once if you have:

- **heart attack symptoms** - chest pain or pressure, pain spreading to your jaw or shoulder, nausea, sweating;
- **signs of a blood clot** - sudden numbness or weakness, sudden vision loss, slurred speech, stabbing chest pain, coughing up blood, pain or warmth in one or both legs;
- swelling or tenderness in your stomach, severe stomach pain spreading to your back, nausea and vomiting;
- jaundice (yellowing of the skin or eyes);
- memory problems, confusion, unusual behavior;
- unusual vaginal bleeding, pelvic pain;
- a lump in your breast; or
- **high calcium levels** - confusion, tiredness, nausea, vomiting, loss of appetite, constipation, increased thirst or urination, weight loss.

**Topical estradiol is absorbed through the skin of a child who comes into contact with this medicine.** Call your doctor if a child who has close contact with you develops swollen nipples or enlarged breasts.

Common Evamist side effects may include:

- breast pain;
- headache;
- vaginal itching or discharge, changes in your menstrual periods, light vaginal bleeding or spotting;
- thinning scalp hair; or
- nausea, vomiting, bloating, stomach cramps.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Evamist side effects](#) (more detail)

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## What other drugs will affect Evamist?

Other drugs may interact with estradiol topical, including prescription and over-the-counter medicines, vitamins, and herbal products. Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

 [Evamist drug interactions](#) (more detail)

## Does Evamist interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Evamist

+

Enter a drug name

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## Patient resources

### Other brands

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## Professional resources

- [Evamist prescribing information](#)
- [Estradiol \(Systemic, Local\) \(AHFS Monograph\)](#)

### Other brands

[Estrace](#), [Estradiol Patch](#), [Estrogel](#), [Climara](#), ... +11 more

## Related treatment guides

- [Postmenopausal Symptoms](#)

## Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use Evamist only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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### DRUG STATUS

#### Availability

**Rx** Prescription only


#### Pregnancy & Lactation

 Risk data available

#### CSA Schedule\*

**N/A** Not a controlled drug

#### Approval History

 Drug history at FDA



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