



NUGen Pharmacy

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INSTRUCTIONS FOR APPLYING YOUR CREAM MEDICATION FROM A SYRINGE APPLICATION

Use the following guidelines when applying your prescribed medication.

Always follow the doctor's instructions

CREAM SYRINGE SHOULD BE USED AS FOLLOWS:

- Remove the small cap from the end of the syringe.
- Depress plunger to one line (1 gram) of cream and apply to the area advised by doctor.
- Each syringe will hold 10, 15, 20 or 30 grams of cream depending on the recommended use as instructed by the Menopause Centre's doctor. Please follow the instructions on the label which is attached to your medication.

Applying the Cream

For best absorption, massage the cream into different skin areas where it can be easily absorbed. It is recommended that the cream be massaged into regions of the skin that are thinner such as the inner arms, neck, the wrists, the lower abdominal area, and the thighs. These areas are usually soft/smooth and can easily absorb the cream. This can be done by using your wrists to apply the cream. Your skin should be clean and dry. Do not apply to sun damaged or fatty areas of skin. You should rotate the areas of application every week so that individual sites do not become saturated.

Your medication has a recommended shelf life of 3 months from dispense date.

NB: Once medication has been dispensed, it, unfortunately, cannot be returned as it has been specially made for you.

Your Medical Checklist

As part of your treatment program, we may recommend that you undertake specific medical tests. These will be advised by our doctor during your consultation.

In addition, we suggest that you consult with your general practitioner and have the following tests.

Pap Smear	Every 2 years (Unless you have had a hysterectomy or if you are being followed for previous abnormal smears)
Mammogram	Every 2 years. Especially if over the age of 50. Some women, with a family history of breast cancer, may require a mammogram yearly and from an earlier age. Regular self-examination of your breasts is also recommended.
Blood Pressure	At least every 12 months (more regularly if on blood pressure medication)
Cholesterol Levels	Consider an initial assessment of your cholesterol and other blood lipids, especially if you are overweight or you have other risks of having elevated cholesterol, e.g. a family history of heart disease. Further testing will depend on this initial result.
Blood Sugar Levels	An initial assessment of your blood sugar is advisable. Further testing will depend on this initial result
Bone scan	An initial bone scan is advisable. Further bone scans will depend on this outcome

As a patient of the Menopause Centre we encourage you to maintain these regular medical checks and also strongly advise that you inform us of your results.

As part of our ongoing commitment and patient care, we would also encourage you to have a minimum six monthly medical review with our Medical Support Team. If you have not had a medical review in the past six months please contact us for an appointment.

Kind regards

Dr Gary Aaron

Medical Director

Australian Menopause Centre