



# Divigel<sup>®</sup> and Biest<sup>®</sup>

## INSTRUCTIONS

1

### Open

#### Divigel

Open and remove gel from the sachet

#### Biest

Push the plunger to the dose as doctor ordered

2

### Apply

Apply on **clean, dry** and **unbroken skin**

3

### Wash your hands

Wash hand thoroughly after application and avoid skin-to-skin contact with others

### Additional instruction

- **DO NOT** apply to the **breasts**
- Apply gel to a different area of skin each day
- Avoid bathing, showering or exercising at least 1 hour after you apply gel
- Leave the gel/cream to dry completely before covering with clothes
- Apply at the same time each day as directed
- Do not allow others to come in contact with the area of skin where you applied the gel for at least 1 hour after you apply Divigel

### Where to apply?

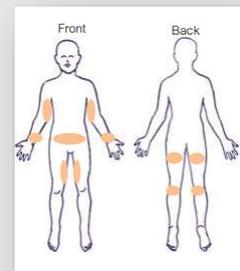
#### Divigel<sup>®</sup>

- Apply gel to the **thigh** evenly over an area of 1-2 times the size of the palm



#### Biest<sup>®</sup>

- Apply on **wrist, inner upper and lower arm, back of knees, inner thigh, abdomen** or as directed



#### References:

- Divigel. Product leaflet
- The electronic Medicines Compendium (eMC). *Divigel<sup>®</sup>: Information for the user*. Available from: <https://www.divigel.com/easy-to-use/> [Accessed 20 June 2021].
- Customer information sheet. Biest cream 5%. Vitallife