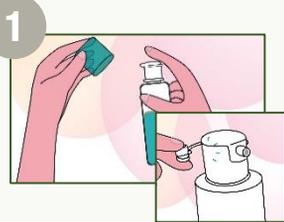


Oestrodose and Oestrogel

INSTRUCTIONS

Oestrodose



1 Open the cover
Remove the large pump cover to reveal the plunger. Remove the stopper from the spout.



2 For first-time use
Press the plunger down 2 times until the gel comes out. Do not use this first dose of gel. This dose should be discarded.



3 For daily use
After priming, the pump is now ready to use. One complete pump depression will dispense the same amount of gel each time.



4 Apply gel
Use your hand to spread the gel on a large area of clean, dry and unbroken skin.

Oestrogel



1 Open the cover
Unscrew the cap to open.



2 For first-time use
Make the top of the cap fit securely with the crown shape on the tube and then twist the cap to break the aluminum seal open.



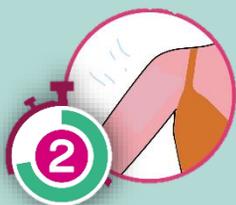
3 For daily use
Squeeze the tube to apply gel on white spatula as full indicated length. The gel will form the size of the opened aluminum tube.



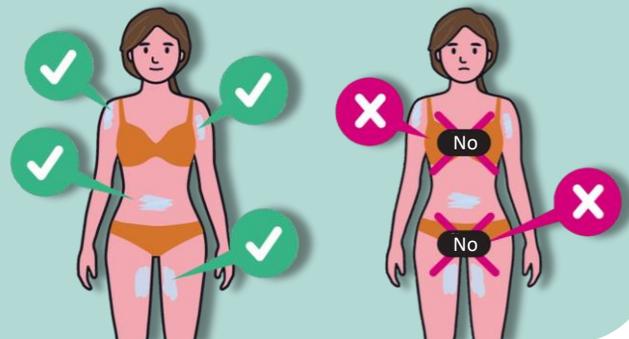
4 Apply gel
Use spatula to spread the gel on a large area of clean, dry and unbroken skin.

Additional instruction:

- It is not necessary to massage or rub the gel.
- Leave the gel to dry for 2 minutes before covering with clothes.
- Wash hands with soap and water after applying the gel.



Do not apply gel near breasts, or genital area.



References:

- The electronic Medicines Compendium (eMC). *Oestrogel Pump-Pack 750 micrograms Patient Leaflet: Information for the User*. Available from: <https://www.medicines.org.uk/emc/files/pil.353.pdf> [Accessed 20 June 2021].
- Besins Healthcare Thailand. *Product information*. Available from: https://www.besins-healthcare.co.th/product#product_02 [Accessed 20 June 2021].