

HOW TO START ESTROGEN SLOWLY

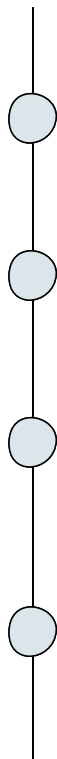


EstroGel

WHY: MINIMISE THE HORMONE CHANGES

Half a pump -
'guesstimate'

- You can waste a pump or so to practice



Week 0

1/2 a pump once a day

Week 4

1 pump every day

Week 8

1-1 1/2 pumps daily

Week 12

2 pumps daily

Side effects
Are likely, but
should settle

3 weeks
for the dose to
stabilise

APPLYING ESTROGEL

01

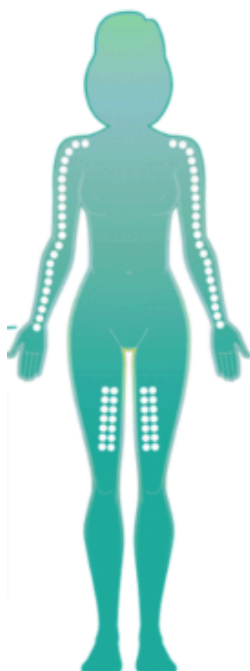
Start with clean, dry skin

02

Spread 1 pump thinly per location - outer arm (shoulder to wrist). Do not massage. Leave to dry.

03

Wash hands with soap. Can put clothes on after 5 mins. Wait 1 hour before using other creams, washing, or touching others.



DIFFERENT DOSES

Each pump contains 0.75g of Oestrogen (=25mcg patch)

1 pump per location e.g.
2 pumps = 1 pump each arm,
or 4 pumps = 1 pump each arm and 1 pump each thigh. AM or PM.

Higher doses can also be split between morning and evening e.g. 4 pumps = 2 arms morning, 2 arms evening