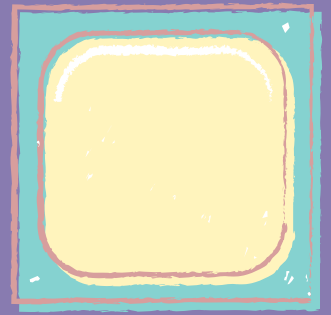


Estradiol Patch Patient Handout



What is an Estradiol Patch?

An estradiol patch is a hormone replacement therapy (HRT) that delivers estrogen through the skin. The patch releases a steady, controlled dose of estrogen into your bloodstream over several days, helping restore natural hormone levels. It is commonly used to treat symptoms of menopause, perimenopause, or low estrogen levels.

Why Estradiol Patches?

Estradiol Patches can help with many symptoms caused by low estrogen such as but not limited to:

- Hot flashes/night sweats
- Mood swings or irritability
- Brain fog/poor concentration
- Low libido
- Fatigue

Many patients choose patches because they provide stable hormones at consistent rate, are easy to use, and often cause fewer side effects compared to oral therapy.

Estradiol Patch Information

Most Estradiol Patches are Supplied as:

- Twice weekly (Change ever 3-4 days)
- Once weekly (Depending on brand)

Apply the patch to:

- Lower abdomen
- Hips
- Buttocks
- Lower back

Do NOT apply:

- On or near the breasts
- To broken, irritated, or skin

Rotate sites with each new patch to prevent skin irritation.

How to Apply Estradiol Patch

To apply your patch:

- Wash your hands
- Choose a clean, dry area with little hair
- Open the package carefully without touching the sticky side
- Press the patch firmly for 10 seconds, smooth the edges with your fingers
- Wash hands again after application

If the patch falls off:

- If it's within 24 hours, try reapplying it or place a new patch
- If it's been longer, apply a new patch and continue your normal schedule

Side Effects

Side effects are usually mild and improve over time. Some common side effects are:

- Skin irritation where patch sits
- Breast tenderness
- Mild nausea & Headache
- Mood changes & bloating

If you experience any of these side effects, contact your provider immediately:

- Leg swelling or pain
- Chest pain
- Unusual vaginal bleeding

Patient Summary

Estradiol patch therapy is an effective, easy-to-use treatment for menopause-related symptoms and low estrogen. Patches provide steady hormone levels, fewer side effects, and a lower clot risk compared to oral estrogen. With consistent use and regular check ins with your provider, estradiol patches can significantly improve quality of life. If you cannot use estradiol patches for any reason (allergy to adhesive, etc.) discuss alternative topical estradiol treatment with your provider.