VIVELLE PATCHES (0.1 MG)

The Vivelle patch is a form of estrogen that can be used as a form of priming and helps maintain an early pregnancy. Apply the patch to the skin much like a band-aid. It may be placed anywhere on your torso; **however, do not apply near your breast tissue**. The lower abdomen is a good place to start. Be sure to place over a clean, dry area – no lotions, perfumes, oils, etc.

The patches are to be worn for two (2) days then the old one(s) replaced with new one(s) according to your protocol instructions. Change patch(es) around the same time every other day, as instructed. The number of patches to be worn will be determined by your blood levels.You may shower with the patches on but do not scrub over them. If one falls off, replace it with a new one and keep on your original change date.

Watch for skin redness, irritation and welting. Some women will have an allergic reaction to the adhesive. One suggestion to help prevent this is to place a small film of Maalox or Riopan (antacid) on the area, let it dry and brush off the chalky residue, then place the patch on the prepared area. The filmof antacid helps protect the skin. Try to keep patches off areas on body that wrinkle or crease excessively. Summer time can be especially frustrating as excess perspiration loosens the patch. Try your best to keep them on. Tips for removing adhesive from patches: Use make-up remover or baby oil.

No swimming or soaking in a bathtub.

Before taking estrogen replacement (Vivelle patches or Estrace), tell your doctor or nurse if you have any of the following conditions:

- High blood pressure, angina, or heart disease
- A history of stroke or heart attack
- High cholesterol
- Liver disease
- Kidney disease
- Asthma
- Epilepsy
- Migraines
- Diabetes
- Depression
- Gallbladder disease
- History of blood clots

Report the following symptoms to your primary nurse whether doing the Vivelle patch or Estrace (vaginally or orally), or proceed to the nearest emergency room.

- Itching or irritation of the vagina
- Abnormal vaginal bleeding
- An allergic reaction (difficulty breathing, closing of the throat, hives, closing of the lips,tongue, or face)
- Shortness of breath or pain in the chest
- A painful, red or swollen leg (risk of blood clot)
- Severe headache or vomiting, dizziness, faintness or changes in vision or speech
- Yellowing of the skin or eyes
- A lump in the breast
- Pain, swelling, or tenderness in the abdomen