

# Using an Estrogen Patch Alone or with Progesterone Pills

Hormone replacement therapy is used to help your body as it matures.

The estrogen patch is used alone or along with the progesterone pill. Most often they are prescribed because your body doesn't make these hormones on its own.

## Why is estrogen given?

- Estrogen is important for initiation and/or maintenance of sexual development, bone, cardiovascular and brain health.
- Your doctor decides what age is the best time to start hormone therapy.
- It depends on your body's stage of maturation.
- The estrogen you will use comes in the form of a patch. There are many brand names, but the generic name is estradiol.

## When is progesterone started?

- Progesterone is the hormone that helps a woman have periods.
- The progesterone will be prescribed when it is ordinarily time for a girl to start having periods.
- It comes in pill form. Generic names include micronized progesterone or medroxyprogesterone.

## What is my estrogen patch dose schedule?

- Estrogen patches come in several doses (strengths). Typically, estrogen is first prescribed in low doses to get your body used to it.
- The dose may be changed every 3 to 4 months depending on how you respond to it.
- You will put a new patch or piece of a patch to your skin as directed by your doctor; either:
  - Once a week - change patch once each week - always on same day
  - Twice a week - change patch every 3 to 4 days (e.g. Sunday and Wednesday, or Monday and Thursday). See example calendars below.

Su	M	Tu	W	Th	F	Sa
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Or

Su	M	Tu	W	Th	F	Sa
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Examples of schedules for tracking twice a week patch changes

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### To Learn More

- Endocrinology  
206-987-2640
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

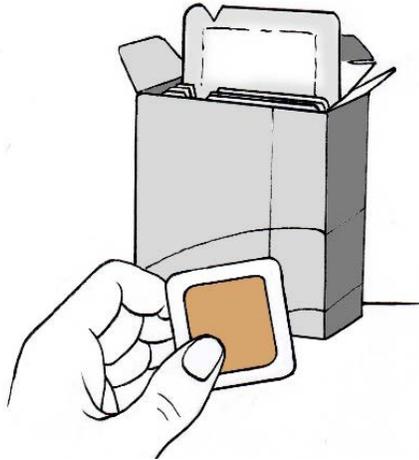
- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### How do I apply the estrogen patch?

- Store your patch at room temperature.
- You may be told to cut the patch in smaller pieces to give a lower dose.

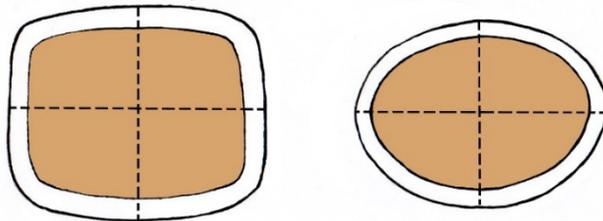
### To cut the patch, follow these steps

1. Open the single pouch. Do not peel the backing off.

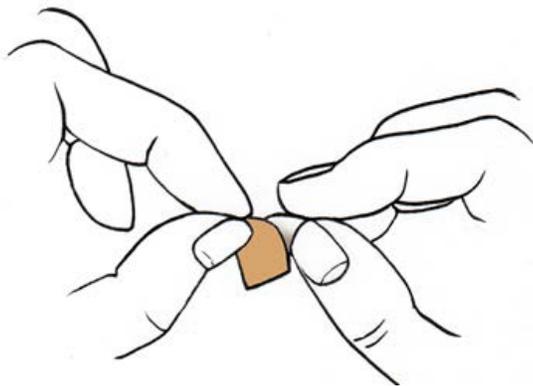


#### Estrogen patch with backing

2. Use small scissors to cut the patch into the size you need.
3. Some children use  $\frac{1}{4}$  of a patch per dose – (cut as shown with dotted lines below.) Some use  $\frac{1}{8}$  of the patch. Your doctor will show you how to cut it.



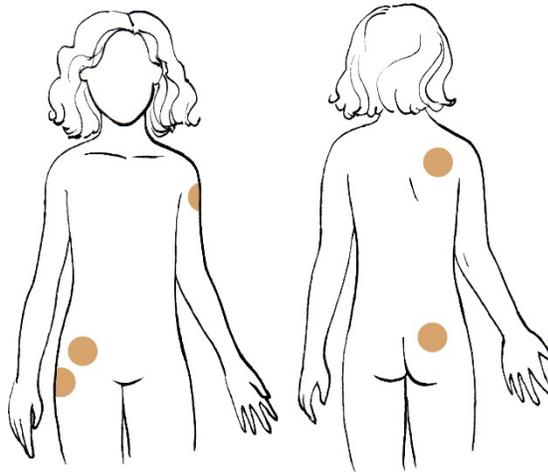
4. Place the rest with the backing still on, back in the pouch until you need the next dose.
5. Peel off the patch/patch piece sticky backing now.



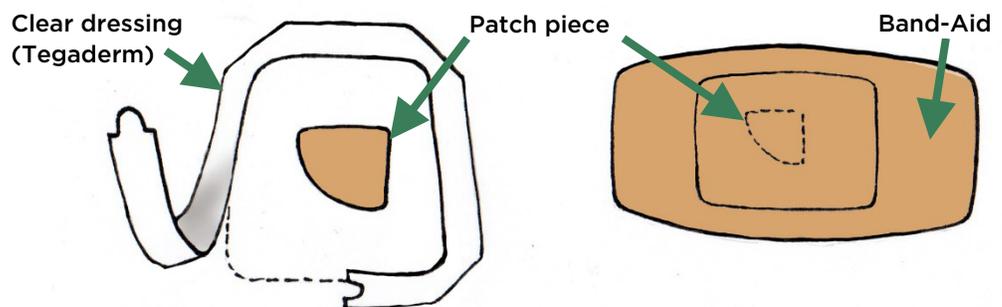
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6. Apply to clean, dry area of your body as shown below.  
Do not put on the breasts. Do not put on the waistline (clothing may loosen the patch).



7. Press patch firmly in place with the palm of the hand for about 10 seconds. Make sure there is good contact, especially around the edges. If the patch should fall off, just place it back on.
8. Cover the entire patch (if used) or piece of patch with a clear bandage or clear dressing such as Tegaderm if needed to keep the patch in place.



### Cover patch with Tegaderm or Band-Aid

- Rotate sites—apply to a different location each week.
- Wear your patch 24 hours a day, unless otherwise directed, every day. Keep it on while you sleep, bathe, shower or swim.

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### About taking medicines

Remember to take the medicine just as prescribed. Check with your healthcare provider first before taking any kind of medicine.

### When should I call the doctor?

Call your doctor if you have any of these problems:

- Any menstrual bleeding that occurs when you are only on the estrogen patch. (You are not yet prescribed progesterone.)
- Periods lasting more than 7 to 10 days
- Dizziness

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### When you call your doctor, have this information on hand:

- Name of medicine
  - When medicine started
  - When symptoms started
  - Pharmacy telephone number
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