

INFORMATION ON HOW TO APPLY A FENTANYL TRANSDERMAL PATCH

a guide for patients

KEY POINTS

Using and changing the patches

- There is enough medicine in each patch to last 3 days (72 hours).
- You should change your patch every third day, unless your doctor has told you otherwise.
- Always **remove** the **old patch** before applying the **new one**.
- Always change your patch at the same time of day **every 3 days (72 hours)**.
- Make a note of the **day, date and time** you apply your patch, to remind you when you need to change your patch.

Where to apply the patch

- Apply the patch on a flat part of your upper body or arm.

Do not apply the patch on

- The same place twice in a row.
- Sensitive areas, areas you move a lot, on cuts, spots or any other skin blemishes.
- Skin that is very hairy. If there is hair, do not shave it (shaving irritates the skin). Instead clip the hair as close to the skin as possible.

You should allow several days to pass before you put a new patch on the same area of skin.

Please read the Patient Information Leaflet inside the medicine you have been prescribed by your doctor.

You should consult your Healthcare professional (doctor/nurse/pharmacist) if you have any questions relating to the medicine you have been prescribed.

PUTTING A PATCH ON

You may find it helpful to look at the pictures below as you read the following text.

Step 1: Preparing the skin

- Make sure your skin is completely clean, dry and cool before you put the patch on. **1**
- If you need to clean the skin, just use cold water.
- Do not use soap or any other cleansers, cream, moisturisers, oils or talc before applying the patch.
- Do not stick a patch on straight after a hot bath or shower.

Step 2: Open the pouch

- Each patch is sealed in its own pouch.
- Do not take the patch out of its pouch until you are ready to use it.
- Cut the edge of the pouch off completely. Some child resistant pouches may require the use of scissors. **2**
- Grasp both sides of the opened pouch and pull apart. **3**
- Keep the empty pouch to dispose of the used patch later.
- Use each patch once only.
- Inspect the patch for any damage.
- Do not use the patch if it has been divided, cut or looks damaged.
- Never divide or cut the patch.

Step 3: Peel and press

- Make sure that the patch will be covered by loose clothing and not stuck under a tight or elasticated band.
- Carefully peel one half of the shiny plastic backing away from the centre of the patch. **4** Try not to touch the sticky side of the patch.
- Press this sticky part of the patch onto the skin. **5**
- Remove the other part of the backing **6** and press the whole patch onto the skin with the palm of your hand. **7**
- Hold for at least 30 seconds. **8** Make sure it sticks well, especially the edges.

Step 4: Disposing of the Patch

- As soon as you take the patch off, fold it firmly in half so that the sticky side sticks to itself.
- Put it back in its original pouch and put the pouch in the bin with your household rubbish.
- Even used patches contain some medicine which may harm children, so keep your used patches out of the reach and sight of children.

Step 5: Wash

- Wash your hands afterwards with clean water.

