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## **Sandrena Gel: how to use it correctly**

Sandrena Gel (transdermal oestradiol gel) gives similar results to using an oestrogen patch at a dose of 37.5µg to 50µg daily. Both forms of transdermal oestrogen have no effect on the clotting system and for many women offer substantial advantages over oral therapy.

The package insert that comes with Sandrena Gel suggests that the product should be spread over the thigh or the abdomen. Unfortunately, this is not very practical as the alcohol-based gel takes 30 minutes to dry. The Europeans, especially the French, use transdermal gels extensively and most of the French women, for example, apply the gel to their forearm.

In my opinion, this is the best place to apply Sandrena Gel. The sachet is opened and the contents are then squeezed onto the inner aspect of the forearm (where the skin is thinner). The gel is then spread (rather than rubbed) all over the inner aspect of the forearm. It takes 20-30 minutes for the gel to evaporate and dry leaving the oestradiol hormone in the skin. The gel needs to be applied once daily. If used with Prometrium, it is suggested that both products are used at night, as there is some evidence that Prometrium has a sleep stabilising effect.

Once Sandrena Gel has been applied daily for about a month, then the effect can be assessed. If flushes are still occurring, then the therapy can be "intensified" by making the area on the forearm smaller. Some of my patients will squeeze about half the contents of the sachet onto an area equivalent to half of the forearm (it is suggested that the sachet is then sealed with a paper clip or peg so that the remnant gel does not evaporate). The half sachet of gel is then spread over half a forearm and about 10-15 minutes is allowed to go by so that the area becomes "tacky". Then the rest of the contents of the gel can be applied over the top of the original gel, thus doubling the concentration of oestradiol in that area of forearm. In summary, to intensify the effect, two halves of gel are applied to the same area.

Yours sincerely,



**JOHN EDEN**