

Your Lenzetto (estradiol) Treatment Guide

You have been given this guide as you have been prescribed Lenzetto for symptoms of the menopause, which result from a decline in your oestrogen levels. Please refer to this guide for the key points to remember when using Lenzetto.

You should carefully read the patient information leaflet that comes in the Lenzetto pack for more information, including step-by-step application instructions. Check with your doctor or pharmacist if you are not sure how to use Lenzetto.



Do not dispose of your Lenzetto carton as you will need this to track your treatment



Avoid skin-to-skin contact until one hour after application



Before using a new Lenzetto device for the first time, you must prepare (or prime) the applicator. The patient information leaflet includes step-by-step preparation/priming instructions



When using sunscreen, avoid the part of the skin where Lenzetto will be applied for at least one hour before or after application



Do not tilt the Lenzetto device. It should be held in the upright position when sprayed



One spray (containing 90 microliters of Lenzetto) is the recommended starting dose. If your menopause symptoms persist after four weeks of continuous treatment, you should see your doctor to discuss how your symptoms are being managed. It could be that the dose is not high enough, and your doctor may increase your dose to two or three sprays per day



Lenzetto should be sprayed in the same position(s) along the inner forearm each day*



Do not rub Lenzetto in after being sprayed



Lenzetto dries in around 2 minutes. Wait until the spray has dried before getting dressed



If you are having blood tests taken as part of your menopause management, let your clinician know which arm your Lenzetto is routinely applied to. They will then take blood samples from the alternative arm



You can wash the area where you sprayed Lenzetto one hour after application

* If you have difficulty applying to the inner forearm, Lenzetto may also be applied to the inner thigh.



Lenzetto is a hormone replacement therapy (HRT) treatment that replaces the hormone oestrogen in women who are experiencing symptoms associated with oestrogen deficiency after the menopause.

To access more information about Lenzetto, to download the patient support leaflet, and to watch the patient user video, please visit www.mylenzetto.co.uk and enter password **Lenzetto1**.



Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme <https://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine.

Always refer to the patient information leaflet in the Lenzetto pack for further information.

For medical information enquiries, please contact us at medinfo.uk@gedeonrichter.eu, or by telephone on **0207 604 8806**.

If you have a product quality complaint, please contact us at QA.uk@gedeonrichter.com, or by telephone on **0207 604 8806**.

For all other enquiries, please contact us at info.uk@gedeonrichter.eu, or by telephone on **0207 604 8800**.

Material developed only for patients who have been prescribed Lenzetto. This material has been created, distributed, and funded by Gedeon Richter. This material does not replace the Patient Information Leaflet in the Lenzetto pack.