

# Medication Information Card

## Estrogen (Es – tro – gen)

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### Other names for this medication

C.E.S.<sup>®</sup>  
Estraderm<sup>®</sup>  
Estrace<sup>®</sup>  
Estring<sup>®</sup>  
Premarin<sup>®</sup>

There are many other names for this medication.

### How this medication is used

Estrogen is used to treat many different problems. It helps relieve symptoms caused by low levels of estrogen. This medication can lessen:

- hot flashes and sweating during menopause
- vaginal dryness, soreness and pain with sexual intercourse
- osteoporosis, brittle bone disease

## How to take this medication

Take this medication exactly as directed by your doctor. To avoid stomach upset, take this medication with a meal or snack.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular times. Do not take 2 doses at one time. The use of estrogen should be at a low dose and for a short time to decrease the chances of stroke, heart attack or clots in legs.

**Tablets:** Take with a full glass of water or juice.

**Patches:** Apply to clean, dry skin of the buttocks, lower abdomen or hip. Do not apply to waist or breasts. Leave patch on for 3 to 4 days, then take it off. Apply a new patch to a different area on your body. You can apply the patch to the same area of your body more than once, but not twice in a row.

**Ring:** Press ring into an oval shape and then insert into your vagina. Gently push in as far as it will go. Remove in 3 months.

**Cream:** Put the applicator over the opening of the tube. Gently squeeze the tube. The cream will fill the applicator. Insert the applicator into your vagina as far as it will go. While still holding the cylinder, press the plunger gently. While keeping the plunger pressed, remove the applicator from the vagina. After each use, take the applicator apart and wash it well with warm water and soap. Air dry and store in a clean place. You may want to wear a light pad to protect your underwear when using estrogen cream.

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## **While taking this medication you may notice**

- nausea
- headache
- vaginal bleeding
- water gain making hands, feet and face puffy
- upset stomach
- tender, swollen breasts
- red itchy rash where patch was applied

## **Contact your doctor if you notice**

- severe puffiness
- you feel less interested or able to have sex
- mood changes
- increased migraine headaches
- brown or black skin patches