

# How to apply Sandrena<sup>®</sup> transdermal gel

**Sandrena<sup>®</sup>**  
estradiol gel

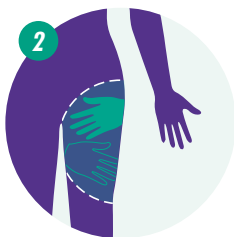
This information is intended for patients who have been prescribed Sandrena gel. Please follow your doctor's directions, read the instructions on the label and in the Consumer Medicine Information, and ask your doctor or pharmacist if you have any questions.

1



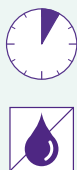
Sandrena gel is available in 0.5g and 1.0g sachets, which contain 0.5mg and 1.0mg of estradiol (the active ingredient) respectively. Carefully tear open the appropriate Sandrena gel sachet where indicated.

2



For all doses, spread the entire contents of the sachet(s) on an area of your skin equivalent to 1 to 2 times the size of your hand. Apply the gel to your lower abdomen or thigh, alternating the application site each day.

3



Allow the gel to dry for a few minutes before getting dressed. Avoid washing the application site within an hour of applying the gel.

Do not apply Sandrena gel to the breasts, face or irritated skin. Avoid contact with your eyes — if the gel does get into your eyes, wash them thoroughly with water. Avoid skin-to-skin contact of application areas with other people or pets. If skin contact with others is to be expected, either cover the application site with clothing or have a shower first.

## How much Sandrena® should you use?

Sandrena gel is available in 0.5g (0.5mg estradiol) and 1.0g (1.0mg estradiol) sachets. Each pack of Sandrena 0.5mg gel contains only 0.5g sachets, and each pack of Sandrena 1mg gel contains only 1g sachets.

Use the amount of Sandrena gel that your doctor has prescribed. Your doctor will aim to prescribe the lowest dose to treat your symptoms for as short a period of time as necessary.

The recommended dose is between 0.5mg and 1.5mg of estradiol a day. Use the following number of 0.5g or 1.0g sachets depending on the dose prescribed by your doctor:

PREScribed DOSE	AMOUNT TO USE
0.5mg per day	One 0.5g sachet
1.0mg per day	One 1.0g sachet (or two 0.5g sachets)
1.5mg per day	One 0.5g sachet + one 1.0g sachet

## What to do if you miss a dose

If it's less than 12 hours from when you normally apply the gel, apply it as soon as you remember. If it's more than 12 hours, do not apply the missed dose and just carry on with the next dose as normal.

## Product description

Sandrena is a smooth opalescent gel. It is available in 0.5g and 1.0g sachets, with 28 sachets in each pack.

Active ingredient: estradiol 0.1%.

Inactive ingredients: carbomer 934P, trolamine, propylene glycol, ethanol and purified water.

**If you experience any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Consumer Medicine Information.**



Scan here to access the  
Consumer Medicine Information



Sandrena® is a Registered Trademark of Orion Corporation, Finland.

Orion Pharma Australia Pty Ltd Level 24, Tower 3, 300 Barangaroo Avenue, Sydney, NSW 2000, Australia.  
www.orionpharma.com.au | contactusa@orionpharma.com

Date of preparation: June 2025. SA-AU-2025-18. 0231OP