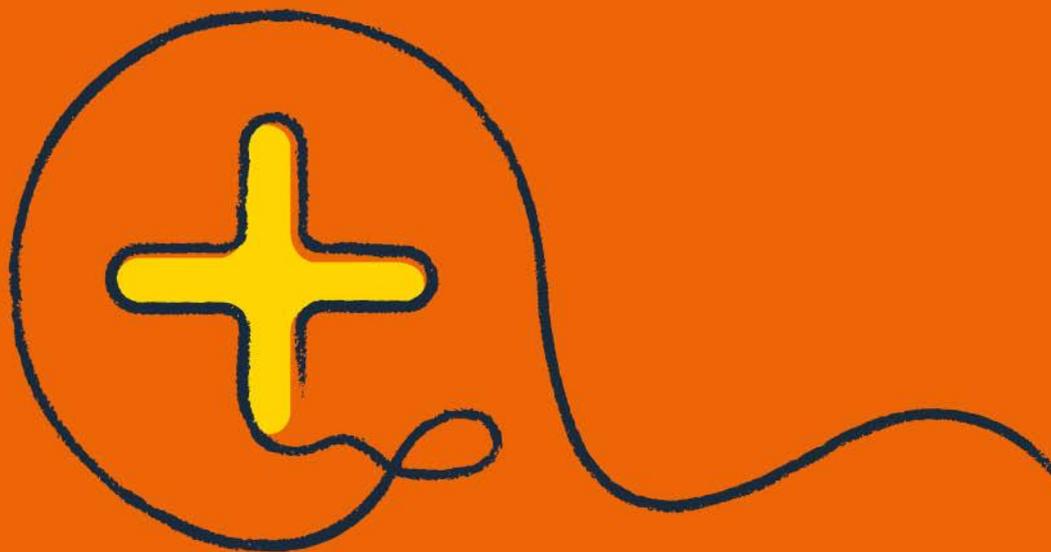


**ST CATHERINE'S  
HOSPICE**

# Fentanyl Transdermal Patches



**Content**

Information on using patches safely

**Fentanyl transdermal patches are available in a number of different brands including Durogesic DTrans and Mezolar Matrix. Your fentanyl transdermal patches ('fentanyl TD') will normally be prescribed by the brand name.**

### **Why have I been prescribed these patches?**

- You have been prescribed fentanyl TD to help with your pain relief. These adhesive patches contain the strong opioid pain medicine, fentanyl.
- There are five commonly used patch strengths. The strength you have been prescribed will depend on the dose recommended by your doctor or specialist nurse.

### **How do the patches work?**

- After you have applied a patch to your skin, the prescribed dose of fentanyl is gradually released from the patch over three days, passing through your skin and into your body to help relieve your pain.

### **How do I make sure I'm using my patches safely and correctly?**

- Each patch contains sufficient fentanyl to last you three days (72 hours) at the prescribed dose.
- You must change your patch every three days unless your doctor or nurse specialist gives you different instructions. If you have been prescribed more than one strength of patch to make up your dose, change all your patches at the same time.
- Always remove your old patch before applying a new one.
- Note down the day, date and time you apply a patch to remind you when to change it.

## How do I prepare my skin for a new patch?

- Make sure your skin is completely dry and free from soap, other cleansers, cream and talc.
- Don't apply a new patch straight after a hot bath or shower. Wait until you have cooled to your normal body temperature.
- Choose an area of skin which will be covered by loose clothing, not a tight or elasticated band.

## Where do I apply a new patch?

- Apply on a flat part of your upper body or arm.
- Don't apply to sensitive, damaged, inflamed or very hairy skin.
- Apply your new patch in a different area from the patch you have just removed. Allow several days before re-using the same area of your skin for another patch.

## How do I apply a new patch?

- Peel one half of the sticky plaster backing away from the centre of the new patch.
- Press the sticky part of the new patch onto your chosen area of skin. Remove the other part of the backing and press the whole patch onto your skin with the palm of your hand. Keeping your hand over the patch slowly count to 30. The heat from your hand will help the patch stick to your skin.
- Remove your hand and check that the patch has stuck well, especially around the edges.

## How do I remove an old patch?

- Gently peel off the old patch and fold it in half so that the sticky side sticks to itself. This will make sure that any fentanyl left in the patch is safely sealed in.
- Put your old, folded patch in the foil pouch from your new patch and return to your pharmacy or discard in a general waste bin.

## How do I protect my patch after application?

- If applied as described overleaf, patches are waterproof and you can shower, bath or swim while wearing your patch.
- Avoid exposing your applied patch to direct heat such as: heat pads, hot water bottles, and lamps, and avoid excessive sunbathing, prolonged hot baths, showers or saunas.
- Don't directly scrub patches or expose them to abrasive action (for example, pressure from belts or tight clothing).

## Can I use other medication?

- You should avoid taking clarithromycin, erythromycin, fluconazole, verapamil, diltiazem and amiodarone while you're using fentanyl TD patches. If you are already taking any of these medicines, don't stop taking them but seek medical advice.
- Your doctor may prescribe you certain other drugs such as antidepressants or anti-sickness medication. If you feel unwell while taking these with your fentanyl TD patches, let your doctor know.

## When should I seek medical advice?

- If a patch accidentally sticks or transfers to another person (for example, via contact in bed).
- If you develop a fever while wearing a patch.

**If you have any other queries about using your fentanyl TD patches, please ask your doctor, nurse or pharmacist and/or refer to the leaflet in your package.**

This V1 leaflet was published by St Catherine's Hospice in June 2018 and will be reviewed every two years.

If it would be helpful to have this leaflet in another format or language please call the main hospice switchboard on 01293 447333.

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