

A Guide to Fentanyl Patch Application - Adults Only

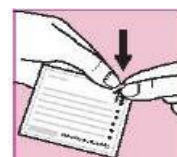
1. Preparing your skin

Important: Always remove the old fentanyl patch before applying a new one.

- Choose an area of skin - ideally the flat part of your upper body or arm (not over a joint). Examples of parts of the body that the patch can be applied to can be found on page 2.
- Make sure the area of skin is completely dry, clean and cool before you put the patch on.
- If you need to clean the area of skin use cold water **ONLY**.
- The area of skin must be clear of cuts, spots, skin blemishes and hair (hair must be clipped **NOT** shaven, to prevent irritation).
- On the area of skin prepared **DO NOT USE**: soap, moisturisers, oils, creams, cleansers or talc before applying the patch, as these may stop the patch from sticking to the skin properly.
- DO NOT** stick the patch on straight after a hot bath or shower.

2. Opening the sachet

- Each patch comes in a child resistant sachet. Tear open the sachet at the notch and gently tear of the edge of the sachet completely.
- Hold both sides of the opened sachet and pull apart to enable the patch to be removed.



3. Applying the patch

- Carefully peel off one half of the backing to the middle of the patch, then apply the sticky half of the patch on to the area of skin that you have prepared (see "Preparing your skin").
- Next, continue peeling the rest of the backing off the patch and stick the rest of the patch to the skin.

Important: Avoid touching the sticky side of the patch with your hands

4. Securing the patch in place

- Using the palm of your hand, press the patch for at least 30 seconds to secure the patch in place.
- Make sure the edges of the patch are pressed securely on to the skin.
- DO NOT** use adhesive tape, plasters or bandages to secure the patch to the skin.

5. Wearing the patch

- Once your patch is securely applied, you are able to shower, bathe or swim whilst wearing it.
- DO NOT** scrub the patch.
- Avoid exposing the patch to any heat sources e.g. heat pads, sunbathing, hot tubs, hot water bottles, hot baths, hot showers, electric blankets and heat or tanning lamps.

6. How to remove and dispose of the patch safely whilst at home (i.e. the community)?

- After **THREE** days remove the patch. Fold the patch firmly in half so that the sticky sides stick to itself.
- Wrap the patch in a tissue. Take care to ensure the patch is fully covered and not able to stick to other objects/persons. Discard the wrapped-up patch in the domestic waste bin.
- Wash the area of the skin where the patch was worn, and your hands.

Important: Avoid touching the sticky side of the patch with your hands

7. How to remove and dispose of the patch safely in hospital or other care settings?

- After **THREE** days remove the patch. Fold the patch firmly in half so that the sticky sides stick to itself.
- Discard the patch in the appropriate waste bin e.g. blue pharmaceutical waste bin.
- Wash the area of the skin where the patch was worn, and your hands.

Important: Avoid touching the sticky side of the patch with your hands

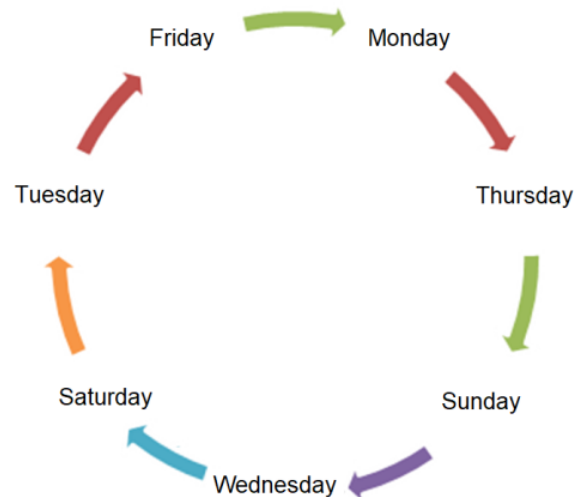
Fentanyl Patch Application

The wheel below can be used to help you plan the days that your patch will need changing:

Step 1: Mark on the wheel the day that you apply your patch.

Step 2: Follow the direction of the arrows to identify the next day your patch will need to be changed.

Example: If you apply your patch on a Monday the patch will need to be changed on a Thursday.

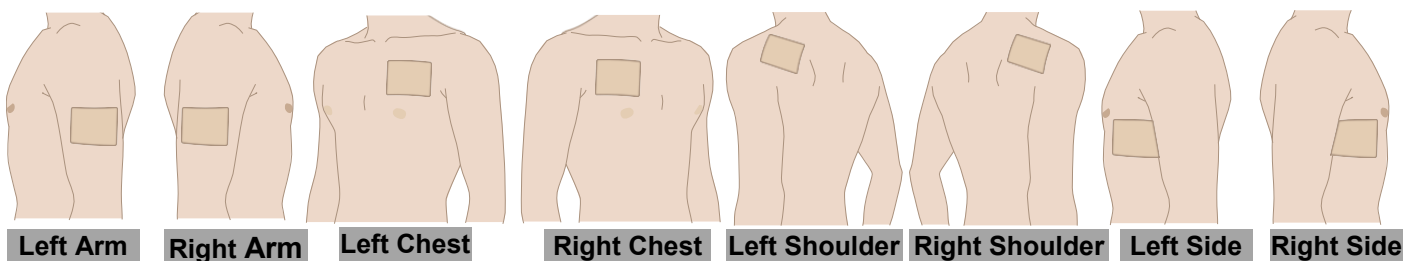


What to do if a patch falls off or is removed, before the day the patch is due to be changed?

- ✓ **DO NOT** try to re-attach the patch that has fallen off or been deliberately removed.
- ✓ Dispose of the patch that has fallen off or been deliberately removed (see step 6 or 7 of this guide).
- ✓ Prepare **a different area of skin** (see step 1 of this guide).
- ✓ Apply a **new** patch to the recently prepared area of skin.
- ✓ Leave the new patch on for **THREE** days before changing the patch (see 'Patch Application').

Important Points to Remember When Using and Changing Fentanyl Patches

- Always remove the old patch **BEFORE** applying a new one.
- Always change your patch at the same time of day, every **THREE** days.
- Always wash the area of skin where the patch was worn.
- Always wash your hands after applying and removing the patch.
- **If you live at home and you develop a fever or experience any side effects from the patch contact your GP or community pharmacy.**
- If you are in hospital and you develop a fever or experience any side effects from the patch inform your nurse, doctor or any other healthcare professional on the ward.
- **Do not apply the patch on the same place twice in a row. Rotate the position of the patch at each application across the sites shown below:**



- Always inform all healthcare professionals that you use fentanyl patches.
- The patch should only be used on the skin of the person who has been prescribed it.
- **DO NOT** divide or cut the patch.
- If another person/child is accidentally exposed to the patch (through touch, or it accidentally sticking to their skin) take the patch off immediately and get medical attention.