

# Getting Started on Divigel®

## What to Expect



### Are You Ready to Take Control of Your Hot Flashes and Night Sweats?

Now that your healthcare provider has prescribed Divigel®, here is some important information and steps you can take to help you start your Divigel® therapy.

Divigel® has been proven to reduce the severity and frequency of moderate to severe hot flashes, including night sweats, associated with menopause.<sup>2</sup> It is very important that you take time to:

- ◆ Learn how to apply Divigel® and manage your treatment.
- ◆ Make it part of your daily routine.
- ◆ Plan time to keep your appointments with your healthcare provider, as well as get your prescription refills so that you do not miss any doses.

### Action Steps

You will get the most relief from your hot flashes and night sweats (hot flashes at night) if you are willing to take these three Action Steps:

- ❑ **Action Step #1: Use Divigel® every day at the same time.**  
Divigel® is a once daily topical gel. It should be applied every day around the same time to work at its best.<sup>2</sup> Make Divigel® a part of your daily routine to help you remember to apply it each day.
- ❑ **Action Step #2: Be patient and give Divigel® time to reduce your hot flashes.**  
It may take 2-7 weeks before you begin experiencing significant relief of your hot flashes with Divigel®.<sup>1,2</sup> So...stay with your therapy!
- ❑ **Action Step #3: Refill prescriptions on time and keep all appointments with your healthcare provider.**  
It is important to apply Divigel® every day.<sup>2</sup> Be sure that you do not run out of Divigel®. This is why you must get your refills on time.

Estrogen should be used at the lowest dose for the shortest amount of time needed to control your hot flashes and night sweats.<sup>2</sup> Plan to keep all your appointments with your healthcare provider (about every 3 to 6 months) to make sure that you are taking the right dose only as long as you need it. Please refer to the accompanying Divigel® Full Prescribing Information. It is important to understand when to contact your healthcare provider with questions or concerns.

### Divigel® is easy to use

- ◆ Only needs to be applied once a day on the skin of either the right or left upper thigh – about the size of a 5x7 inch photograph.<sup>2</sup>
- ◆ Offers the lowest approved dose of estradiol gel or lotion 0.25g, (0.25mg estradiol), for hot flashes, including night sweats.<sup>3-5</sup>
- ◆ Each foil packet contains a single day's dose so that you get an accurate dose each time. You do not need to worry about measuring out a correct dose.

### Be Patient

Don't be discouraged if you don't see results immediately. It will take time for Divigel® or any estrogen to gradually improve your symptoms. It may take 2-7 weeks before you notice significant relief with Divigel®. You should continue to see improvement over the next several weeks.<sup>1,2</sup>

### Healthy Lifestyle Tips<sup>6</sup>

**Combine Divigel® with these simple lifestyle changes to help reduce your hot flash symptoms:**

- ◆ **Try to find out what causes your hot flashes so that you can avoid them.** You may find that hot drinks, hot or spicy foods, alcohol, caffeine, cigarette smoking, stress, hot weather or a warm room may trigger a hot flash.
- ◆ **Exercise regularly.** This will help reduce stress and help you get a better night's sleep.
- ◆ **Stay cool** during the day and night with a fan or air conditioner.
- ◆ **Dress in layers** so that you can easily remove clothing to cool down.
- ◆ **Use layered bedding** to help you stay cool in case you have "night sweats".
- ◆ **Keep cool water at your bedside** to sip if you awaken during sleep.
- ◆ **Learn to control your breathing when your symptoms begin.** Practice taking slow, deep, rhythmic breaths.

**For valuable cost savings on Divigel®**  
**Visit [www.divigel.com](http://www.divigel.com)**

## Questions to Ask Your Healthcare Provider at Your Next Visit

It is easy to forget the questions you want to ask your healthcare provider at your next visit. Write down your questions or anything you want to discuss and take this tearsheet with you to your next visit. **If your question is urgent, you should call your provider right away and not wait until your next visit.**<sup>2</sup>

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Be sure to keep all your appointments with your healthcare provider to discuss your progress and answer any questions you might have.

## My Next Prescription Refill and Appointment with Healthcare Provider

Use Divigel® every day to get the most relief from your hot flashes, including night sweats.<sup>2</sup> Remember to refill your prescription on time so that you do not run out of Divigel®. Once you begin using Divigel®, talk with your healthcare provider every 3 to 6 months about the dose you are taking and whether you still need Divigel®.<sup>2</sup>

Use this reminder for your next Divigel® refill and appointment with your healthcare provider.

I will refill my Divigel® prescription on: \_\_\_\_\_  
(insert date)

I will visit my healthcare provider on: \_\_\_\_\_  
(insert date and time)

**For more information on Divigel®, please visit [www.divigel.com](http://www.divigel.com) or call 1-800-654-2299**

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## Start Getting Relief to the Right Degree

It is easy to start by following these simple steps:

- ✓ Fill your prescription for Divigel® at your pharmacy.
- ✓ Read the accompanying Divigel® Full Prescribing Information. Follow the directions carefully. If you have any questions, ask your healthcare provider.
- ✓ Start applying Divigel® every day.<sup>2</sup>

## Important Safety Information

**The following are not all the possible risks for Divigel®. Please read the Full Prescribing Information and talk to your healthcare provider.**

Estrogens increase the chance of getting cancer of the uterus. Report any unusual vaginal bleeding right away while you are taking estrogens. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause. In general, the addition of a progestin is recommended for women with a uterus to reduce the chance of getting cancer of the uterus.

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks, or strokes. Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots.

Do not use estrogens, with or without progestins, to prevent dementia. Using estrogens, with or without progestins, may increase your risk of dementia.

Do not use estrogen products, including Divigel®, if you have unusual vaginal bleeding, currently have or have had certain cancers, had a stroke or heart attack in the past year, currently have or have had blood clots, currently have or have had liver problems, are allergic to any Divigel® ingredients, or think you may be pregnant.

The most common side effects for all estrogen products are headache, breast pain, irregular vaginal bleeding or spotting, stomach/abdominal cramps and bloating, nausea and vomiting, and hair loss. The less common but serious side effects include breast cancer, cancer of the uterus, stroke, heart attack, blood clots, dementia, gallbladder disease and ovarian cancer.

In Divigel® clinical trials, the most common side effects were inflammation of the nasal passages and pharynx, upper respiratory tract infection, vaginal yeast infection, breast tenderness and vaginal bleeding. Call your healthcare provider right away if you have any symptoms that concern you.

Estrogen products should be used at the lowest dose possible for your treatment and only as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with Divigel®.

## References

1. Hedrick RE, Ackerman RT, Koltun WD, et al. Transdermal estradiol gel 0.1% for the treatment of vasomotor symptoms in postmenopausal women. *Menopause*. 2009; 16(1):132-140.
2. Divigel® [package insert]. Minneapolis, MN: Upsher-Smith Laboratories, Inc; 2007.
3. EstroGel® [package insert]. Herndon, VA: Ascend Therapeutics, Inc; 2007.
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5. Estrasorb® [package insert]. Bristol, TN: Graceway Pharmaceuticals, LLC; 2008.
6. The North American Menopause Society. *Menopause Guidebook*. 6th ed. Cleveland, OH: The North American Menopause Society; 2006. <http://www.menopause.org/edumaterials/earlyguidebook>. (accessed August 20, 2007).