



Information leaflet for patients prescribed Blissel®

Blissel® is a medicated gel that your doctor or nurse has prescribed to help you with some of the vaginal symptoms of the menopause.

As you may be aware, during the menopause, levels of a hormone called oestrogen fall, leading to possible changes in the lining of the vagina (Healthcare Professionals call it "vaginal atrophy" or VA).

You are not alone!

About half of all postmenopausal women will have symptoms from vaginal atrophy, which can include burning, irritation, dryness or pain and discomfort during sexual intercourse.



Blissel® contains this hormone to provide rapid relief from the symptoms of vaginal atrophy. Blissel® is a very low dose of the hormone and it is absorbed into the vaginal lining and not into your blood stream



Blissel® is a gel (not a cream) that remains where it is applied on the lining of the vagina, meaning that it should not run out after application, and you can be confident that the medicine is doing its job. Blissel® has a "cooling effect" which you should feel after a few doses.

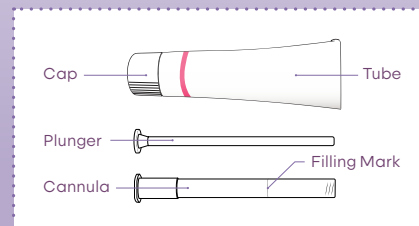
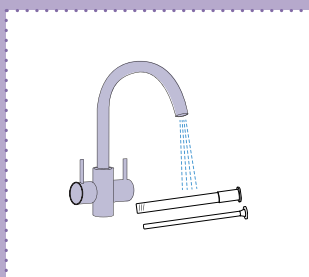


During your treatment with Blissel®, your doctor will continue to review your symptoms to make sure that you should still take the medication.

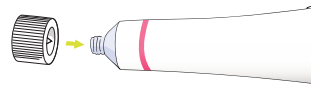
How to use and apply Blissel[®]

Blissel[®] is inserted gently into the vagina with an applicator, which has rounded edges at the top to be as comfortable as possible, ensuring the medication is applied where it is needed. You can usually apply Blissel[®] in the evening before you go to bed.

Please don't forget to rinse out the applicator after use with warm water. It is designed for repeated use.



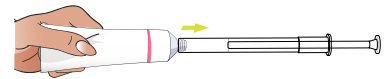
- 1** Remove the tube cap and use the sharp point to pierce the seal on the neck of the tube.
Do not use if seal is broken.



- 2** Take out the cannula and the plunger. Insert the plunger all the way into the cannula. Screw the cannula onto the neck of the tube.



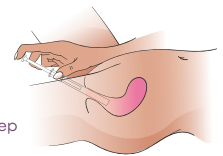
- 3** Squeeze the tube to fill the applicator with gel up to the filling mark. The plunger will stop at the mark.



- 4** Unscrew the cannula from the tube and replace the cap on the tube.



- 5** To apply the gel, lie down, insert the end of the applicator deep into the vagina and slowly push the plunger all the way down.



For more information, please read the package leaflet which is contained in the box that your medication came in.

Blissel[®] can rarely have side effects, such as itching or discomfort. It is important to let your doctor, nurse or pharmacist know if you think you have any side effects from this medication.



You must stop taking Blissel[®] and talk to your doctor if you experience any of the following:

- > Yellowing of your skin or eyes
- > A significant increase in your blood pressure
- > A new migraine-like headache
- > If you become pregnant

If you have any side effects, please discuss them with your doctor, nurse or pharmacist. This includes side effects that are not listed in the package leaflet. You can also report any side effects directly using the Yellow Card scheme at <https://yellowcard.mhra.gov.uk>. Reporting side effects will help provide information for other people who use this medication.



You can also visit myblissel.co.uk for more information about Blissel[®].