



# Information leaflet for patients prescribed Blissel®

Blissel® is a  
medicated gel  
that your doctor  
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 (known as 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 oestrogen to provide 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 mucoadhesive gel (not a cream) that is designed to adhere to the lining of the vagina helping it to stay in place and aiming to minimise leakage after application.

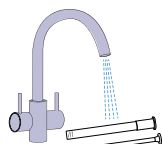


During your treatment with Blissel®, your doctor may continue to review your symptoms to make sure that you should still take the medication.

# blissel®

ESTRIOL 50 micrograms/g  
VAGINAL GEL

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.

## How to use and apply Blissel®

	<p><b>1</b> Remove the tube cap and use the sharp point to pierce the seal on the neck of the tube. <b>Do not use if seal is broken.</b></p>
<p><b>2</b> 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.</p>	<p><b>3</b> Squeeze the tube to fill the applicator with gel up to the filling mark. The plunger will stop at the mark.</p>
<p><b>4</b> Unscrew the cannula from the tube and replace the cap on the tube.</p>	<p><b>5</b> 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.</p>

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.

If you get any side-effects from a Consilient Health pharmaceutical product, please talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed on the label. You can also report side-effects directly to HPRA Pharmacovigilance via [www.hpra.ie](http://www.hpra.ie). By reporting side-effects, you can help provide information on the safety of this medicine or medical device.

