

# Administration Instructions

## TRANSDERMAL CREAM



For this delivery method, medication is administered to the inner forearm through a cream.

For best absorption, the cream should be applied to the inner forearms, with the palm facing up. Do not apply with your hands or a cloth as this can waste the medication and make dosage less effective.

It is best to apply cream to dry skin immediately after a shower, so the medication has time to absorb before it is washed off.

### 1. PREPARE THE SITE

Always apply cream to clean, unblemished skin free from lesions, infection, scars or marks. The cream should be applied to the inner forearms, with the palm facing up.

### 2. ADMINISTER MEDICATION

To administer the medication, pump the prescribed amount of cream onto the skin of the inner forearm with your palm facing up. Rub your inner forearms together vigorously for at least a minute. Work the cream into the skin and towards the inner crease of the elbow where there is a lymph node for greater absorption.

### 3. ALLOW MEDICATION TO ABSORB

Do not shower for 1 to 2 hours post administration, to allow time for the medication to absorb into the body.

## DOSING INSTRUCTIONS

You should have received your own personal dosing information sent to your nominated email address by the Medical Team. It is essential that you follow these dosing instructions from your prescribing Doctor.

If you have not received your individual dosing instructions or have any questions please contact the Patient Care Team.

## MEDICAL ASSISTANCE

If you are having any issues with dosage or administration please contact us for assistance.

If you have a reaction, mild or otherwise please inform our Patient Care Team as soon as possible and they can assist you. It is essential that you contact us to inform us of any reaction so we can ensure your safety and update your medical history.

**If it is an emergency or you are having trouble breathing please contact emergency services by calling 000.**

## We're here to help!

Our Patient Care Team is available weekdays 8am - 4pm (AEST).  
For queries outside these hours please email us.

☎ 1300 100 490

✉ [admin@ageingsolutions.com.au](mailto:admin@ageingsolutions.com.au)

🌐 [www.ageingsolutions.com.au](http://www.ageingsolutions.com.au)