

## Remember

- Always remove the old patch before applying a new one.
- Always change your patch at the same time of day.
- Use the patch application guide shown overleaf for examples of where to apply the patch.
- Never apply the patch in the same place from where a patch has been removed.
- The patch should only be worn by the person who it is prescribed for.
- Always inform a healthcare professional that you are prescribed a Fentanyl patch if seeking medical assistance.

## Useful contacts:

**Bolton NHS Foundation Trust**

**Medicines Helpline**  
**Tel: 01204 390927**

**Monday to Friday 9:30 – 4:30pm**

Outside these hours contact **NHS111**  
via telephone or online

w| [boltonft.nhs.uk/services/pharmacy](http://boltonft.nhs.uk/services/pharmacy)

### Day patch applied: Day to change:

Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

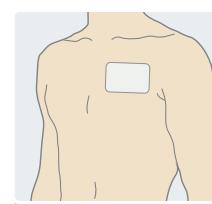
### List of options where to apply the patch:



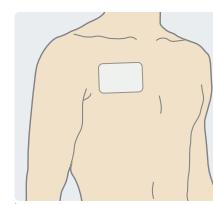
Left arm



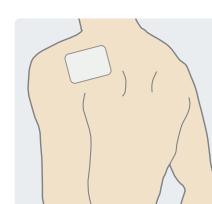
Right arm



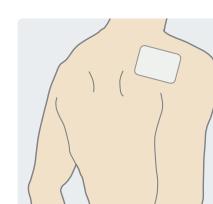
Left side of chest



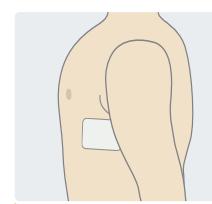
Right side of chest



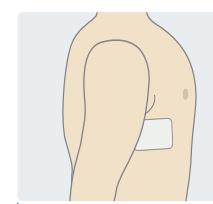
Left shoulder



Right shoulder



Left side



Right side

# A guide to Fentanyl Patch Application



# Instructions for use

## 1. Prepare your skin

Choose an area of skin on your upper body or arm.

Try to apply approximately the same time of the day when re-applying the patch.

The area must be clear of cuts, spots, and blemishes and hair must be clipped not shaven to prevent irritation.

Clean the area with cold water ONLY. Do not use soap, moisturiser, oil or talc.

The patch must be applied to clean, cool and completely dry skin.

Remove any existing Fentanyl patch before applying a new patch.

## 2. Open the sachet

Each patch comes in a child resistant sachet.

Tear or carefully cut open the sachet at the notch and gently tear off the edge of the sachet.

Hold both sides of the opened sachet and pull apart to enable the patch to be removed.

## 3. Apply the patch

Avoid touching the sticky side of the patch with your hands.

Carefully peel off one half of the backing to the middle of the patch. Apply the sticky half to the skin.

Continue peeling the backing off the rest of the patch and then stick the entire patch to the skin.

## 4. Secure the patch in place

Using the palm of your hand, press the patch on the skin for at least 30 seconds.

Remember that all the edges must be pressed securely to the skin.

## 5. Wearing the patch

The patch can get wet by bathing or swimming. Soaking in a warm bath should be avoided.

DO NOT scrub the patch.

Avoid exposing the patch to any heat, e.g. heat pads, sunbathing, hot tubs and hot water bottles.

## 6. How to remove and dispose of the patch safely whilst at home

After three days remove the patch. Fold the patch firmly in half, sticky sides together.

Wrap the patch in tissue and discard into a bin.

Wash your hands and the area of skin where the patch was worn.

## 7. How to remove and dispose of the patch safely in hospital (Health Care Professionals only)

After three days remove the patch. Fold the patch firmly in half, sticky sides together.

Discard into medical waste bin.

Wash your hands and the area of skin where the patch was worn.

## 8. What to do if a patch falls off or is removed, before it is due to be changed?

Dispose of the patch that has fallen off or has been deliberately removed. Prepare a new skin site and apply a new patch following the guide and examples above.

