

## What are Fentanyl Patches?

Fentanyl patches contain a morphine-like painkiller. Through constant release from the patch, the medication is absorbed into the bloodstream through the skin to achieve prolonged pain control for 3 days.

## Indication

Fentanyl patches are used to relieve moderate to severe chronic pain.

## How does it work?

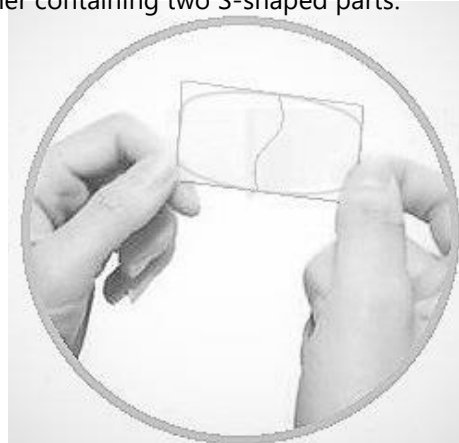
Fentanyl is absorbed from the patch through the skin, and then acts via the central nervous system to relieve pain. Therefore, it is not necessary to apply fentanyl patch on the area where you feel the pain.

## How to use?

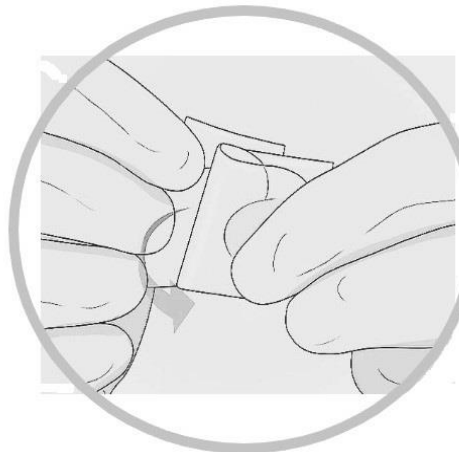
1. Choose a flat, intact, non-hairy area of skin over the chest, back or upper arm. Do not apply to broken skin, hairy surfaces, on areas of skin that recently received radiotherapy. In children and people with cognitive impairment, the upper back is preferred to make it more difficult for the person to remove the patch. If necessary, clip the hair as close to the skin as possible with scissors. Do not shave to avoid skin irritation.
2. Wash hands and clean the skin area with plain water only. Pat skin completely dry. Do not use anything on the skin such as soaps, lotions, oils, or alcohol before the patch is applied.
3. To open the protective pouch, fold and tear at the slit, or cut at the slit with care to avoid damaging the patch.

Do not use if the pouch seal is broken or if the patch is cut or damaged.

4. The patch is placed on top of a larger protective liner containing two S-shaped parts.



5. Hold the patch between your thumb and index fingers with the protective liner facing you. Fold the patch slightly so you can remove half of the protective liner.



6. Hold the patch by the half that is still covered by the protective liner. Apply the first half of the patch to the chosen surface of the skin. Then remove the other half of the protective liner and apply the whole patch to the skin. Apply firm pressure with the palm of your hand for 30 seconds, thereby ensuring that the patch adheres firmly.

7. Wash your hands with water right away after you finish applying the patch.
8. Wear the patch continuously for 3 days (72 hours). After 3 days (72 hours), remove the patch by tearing it off the skin surface.
9. Discard the used patch by folding it in half with the sticky sides together. Dispose of the folded patch safely out of sight and reach of children. Wash hands afterwards.
10. Apply a new patch only after the removal of the previously used patch. The time of patch replacement should be kept the same.
11. Always choose a different place on the skin to apply a new patch by repeating the above steps after removing the used patch. Do not apply the new patch to the same place as the last one. The same location may be used again after 5 to 7 days.

## What are the possible side effects?

- Like other medications, fentanyl patch can cause side effects. Its common side effects include constipation, drowsiness, nausea and vomiting, tiredness, dizziness, headache, abdominal pain, etc.
- If you notice any allergic reactions like skin itchiness, face or hand swelling, breathing difficulty, etc., consult your doctor immediately.

## What if I miss a dose?

- Use the missed dose as soon as you remember. Make note of the date and time after 3 days (72 hours) change the patch as usual. Skip the missed dose if it is almost time for your next scheduled dose.
- Do not double the dose.

## PRECAUTIONS

1. For external use only.
2. If you have history of drug allergy, consult your doctor or pharmacist before using the medicine.
3. Do not use a cut or damaged patch.
4. Fentanyl patch could cause addiction on prolonged use. Use the medication as directed by the doctor. Do not use more than the prescribed dose.
5. Note the date of application, and remember when the patch needs to be replaced.
6. If the patch falls off in less than 72 hours, apply a new one on a different site and inform your doctor about it.
7. Do not stop using fentanyl patches without talking to your doctor. If you suddenly stop using fentanyl patches, you may have withdrawal symptoms.
8. Discard all medications that have expired or no longer required.
  - Discard expired and unused patches safely out of sight and reach of children by carefully removing the adhesive backing, folding the patches in halves with the sticky sides together.
  - Wash hands afterwards.
9. Do not share the medication with other people.
10. Tell your doctor and pharmacist if you are pregnant, planning to become pregnant, or breastfeeding.
11. If you are having any surgery, tell the doctor or dentist that you are using fentanyl patches.
12. The patch may contain metal. Remove the patch before MRI scan.

13. Do not drink alcohol, drive or operate heavy machinery.
14. You may bath, shower or swim while wearing the patch. Avoid using bath oil or bubble bath, rinsing or soaking the patch with hot water. Do not apply soap on the patch or surrounding area. Pat dry the body afterwards.
15. Do not use heat sources e.g. heating pads, electric blankets, etc. Avoid hot baths or sun bathing. An increased amount of fentanyl may be released from the patch when exposed to heat which may lead to an overdose.
16. Please seek medical attention if you experience fever, breathing difficulty, dizziness or confusion.
17. Please consult your doctor if symptoms persist or worsen after using the medicine.

### How to store?

1. Keep out of reach of children.
2. Store in a cool, dry place and away from direct heat and light.
3. Keep this medication in the original package before use.

**This guidance is for reference only.**  
**You should always follow your doctor's instructions.**  
**Check with your doctor or pharmacist if you have any questions.**  
**Do not share your medications with other people.**

如有任何查詢，歡迎聯絡我們  
For enquiry, please feel free to contact us

藥劑部  
Pharmacy

地址：香港銅鑼灣東院道 2 號聖保祿醫院  
Address : St. Paul's Hospital

No. 2, Eastern Hospital Road, Causeway Bay, Hong Kong  
電話 Tel : 2830 3725

網址 Website : [www.stpaul.org.hk](http://www.stpaul.org.hk)



聖保祿醫院  
St. Paul's Hospital

# FENTANYL PATCH

藥劑部  
Pharmacy

