



GEDEON RICHTER

Menopause  
symptoms?

# ***Short summary***

***Lenzetto® – how to use  
the transdermal oestradiol spray***



**Dear User,**

Your gynaecologist has prescribed the product **Lenzetto®** for you. This brochure tells you what you need to know about the treatment.

A third of all women develop symptoms that require treatment during the menopause. During this phase of life, the female body reduces its production of the sex hormones oestrogen and gestagen.

This hormonal change can lead to typical menopause symptoms such as hot flushes and sweating. Hormone replacement therapy can compensate for the hormone deficiency and alleviate the symptoms.



**Lenzetto®** contains the active substance oestradiol, a bioidentical hormone which is identical to the sex hormone produced by the body. Administered as a spray, oestradiol is applied through the skin and replaces the missing oestrogen.

This brochure does not replace the package leaflet or a detailed medical consultation. If you have any further questions about the oestradiol spray, contact your gynaecologist.

Do you want to learn more about the menopause online? You can find everything you need to know about the factors involved in the menopause, the symptoms and treatment options at **Caferegellos.de**, along with valuable tips for your day-to-day life.



CAFÉ  
*Regellos*



@cafe\_regellos

[https://vm-sl.de/cafe\\_regellos\\_07-25\\_a](https://vm-sl.de/cafe_regellos_07-25_a)

## Information on how to use the spray

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**Lenzetto**<sup>®</sup> is sprayed onto the inner forearm or the inner thigh. The skin is slightly thinner here, so the active substance, oestradiol, enters the body quickly.

Start with one spray daily and, after four weeks of treatment, talk to your gynaecologist about possible dose adjustment. Depending on the severity of your symptoms, your gynaecologist may prescribe one to three sprays per day as long-term treatment. It takes a few weeks for oestradiol preparations to become fully effective. You will only notice an improvement in your menopause symptoms after two weeks at the earliest. Please be patient!

Women with a uterus need to be given a gestagen as well. Your gynaecologist will advise you about the various options.



Hold upright  
and spray



Possible dose:  
1-3 sprays

Video showing how to  
use the spray:



[https://vm-sl.de/len\\_patientinnen\\_07-25\\_a](https://vm-sl.de/len_patientinnen_07-25_a)

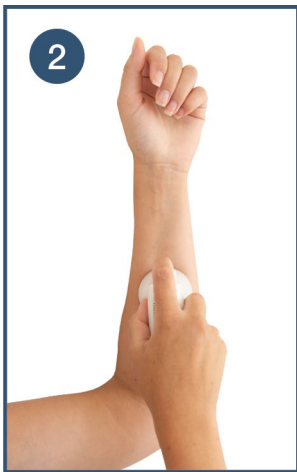
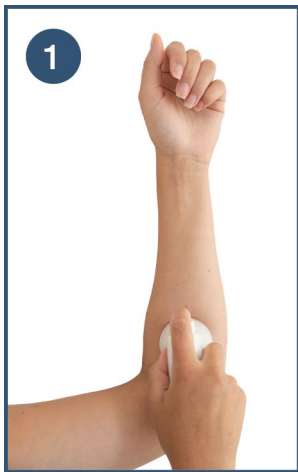
## Step-by-step guide to use

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### Before the very first use:

Spray into the closed cap three times and activate the pump mechanism before using the oestradiol spray for the first time.

Remove the cap and place the spray onto the skin of the inner forearm or inner thigh. **Hold upright.** Spray once.



If several sprays are prescribed: Place the spray onto another part of the inner forearm and spray once again.

3



Allow the application site (the area where you sprayed) to dry. The sprayed area dries quickly and you can get dressed after about 2 minutes. **Do not rub** the spray in.

Replace the cap and keep the spray out of the sight and reach of children. If you accidentally forget one or more applications, you need to **rinse the dosing pump** by spraying with the lid on before use.

### Please note:

One pack should be used for 56 sprays.

The memory aid at the end of this brochure or printed directly onto the outer packaging and the **"MyLenzetto 2.0" App** help you with daily use.

## **Who is Lenzetto® suitable for?**

The transdermal oestradiol spray is suitable for the treatment of oestrogen deficiency in women whose last period was at least six months ago or whose uterus and/or ovaries have been surgically removed.

## **Do I spray the oestradiol spray immediately when I experience a hot flush?**

No. Oestradiol preparations have long-term effects and have to be used at the same time each day over a long period of time to be fully effective.

## **How long does it take for the oestradiol spray to work?**

The effect is noticeable after two weeks. Bioidentical oestradiol achieves its full effect after about twelve weeks.



## **How long can I use Lenzetto® for?**

The menopause occurs over a long period of time during which the body undergoes hormonal changes. The length of the menopause varies for different people. The oestradiol spray is used after the menopause. The duration of treatment is based on the type and duration of the symptoms.

The bioidentical oestradiol spray should be used only for as long as necessary and at as low a dose as possible. Your gynaecologist will decide in consultation with you how long you use the spray for.

Through regular tests (every three to six months for example), your gynaecologist can ascertain whether further treatment with the spray is still needed.

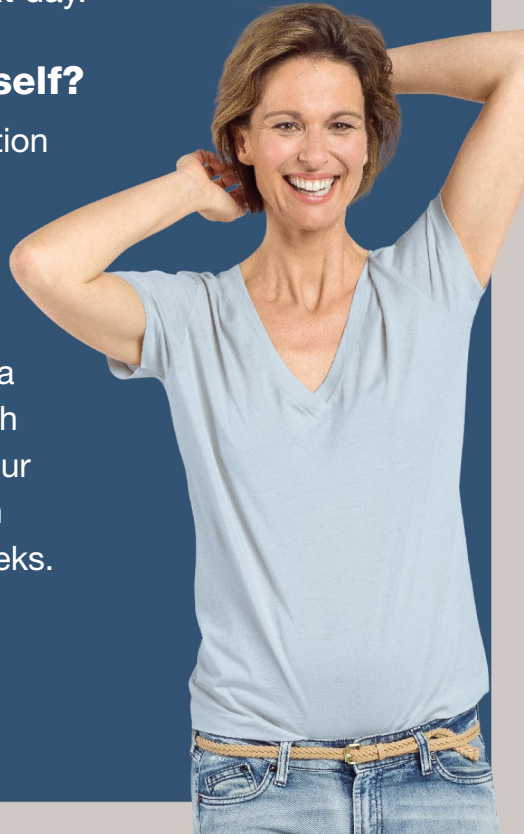
## **What happens if I forget to use it?**

If you forget to use it on one occasion, spray the oestradiol spray as soon as you remember it.

If it is almost time for a new dose, just skip the forgotten dose and continue spraying the next day as usual. Do not spray double the amount the next day.

### **Can I change my dose myself?**

No, it is important that administration is consistent and regular for the treatment to be successful. Any change in dose needs to be discussed with your gynaecologist. You start the treatment based on a medical prescription – usually with one spray initially. If necessary, your gynaecologist can recommend an increase in the dose after four weeks.



## **Can I transfer Lenzetto® to my partner or my children through skin contact?**

To avoid transferring the transdermal oestradiol spray via the skin, you should allow the oestradiol spray to dry fully after application to the skin and then cover the sprayed area with clothing.

An hour after spraying there will be no further transfer by skin contact. This means that you can come into contact with other people without any problems.

## **How can I wash the application site?**

To avoid washing off the oestradiol spray, you should let the area sprayed dry fully first. An hour after application, you can take a bath and shower as usual.

## When can I apply body lotion or sun cream?

To allow the transdermal oestradiol spray to work as effectively as possible, you should wait an hour after using the spray before applying body lotion or sun cream. Sun cream can also be applied an hour before application with no significant loss of efficacy.



No skin-to-skin  
transfer after  
1 hour



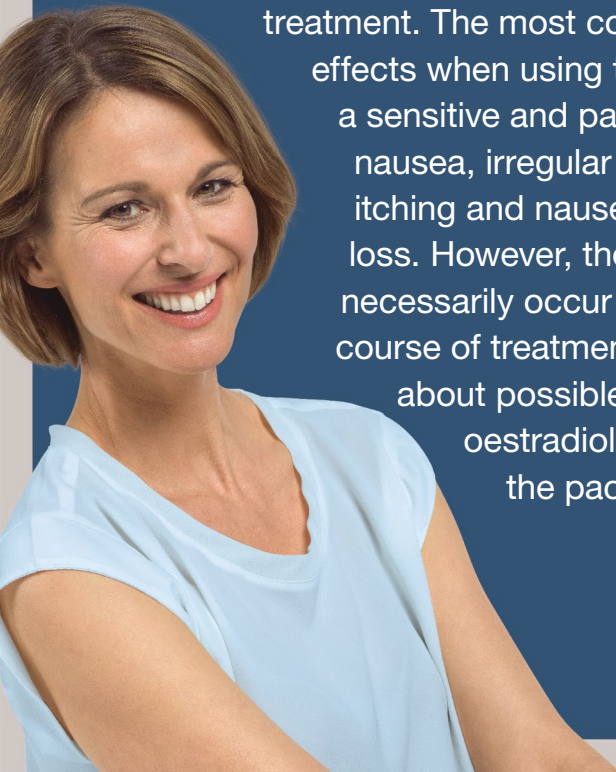
You can wash the  
application site  
after 1 hour



Sun cream  
can be applied  
1 hour  
before/after

## **What are the possible side effects of the transdermal, bioidentical oestradiol spray?**

Side effects occur rarely or for a short period of time only with most hormone therapies. Most side effects are typical oestradiol effects and occur only at the start of treatment. The most commonly reported side effects when using the oestradiol spray are a sensitive and painful chest, headaches, nausea, irregular bleeding, spotting, rash, itching and nausea, weight gain or weight loss. However, these problems may not necessarily occur or may ease over the course of treatment. Detailed information about possible side effects of the oestradiol spray can be found in the package insert.



## **Do I need additional hormones if I still have my uterus?**

Women with an intact uterus should always take preparations containing oestrogen in combination with a gestagen. The additional administration of a gestagen is recommended to prevent excessive thickening of the lining of the womb. Talk to your gynaecologist about whether you need a gestagen as well as the oestradiol spray.

## **How should I protect myself against pregnancy during treatment with an oestradiol spray?**

Hormones that alleviate menopause symptoms do not protect you against pregnancy. Your gynaecologist will be happy to talk to you about whether you need to use contraception and, if so, which method.

## **What impact will Lenzetto® have on my sexuality?**

Hormone replacement therapy does not increase sexual desire. However, treatment with an oestradiol spray can have a positive impact on sexuality. Hormone replacement therapy can help to alleviate vaginal dryness and to reduce the negative impact of oestrogen deficiency.

## **Who should not use an oestradiol spray?**

Women who currently have or have previously had cancer (particularly breast cancer) should not use an oestradiol spray. Existing vascular damage, being very overweight or smoking can also be reasons why hormone replacement therapy may not be suitable. Your gynaecologist will discuss with you in detail the advantages and disadvantages of treatment with an oestradiol spray and determine whether the treatment is suitable for you.

## **Will the oestradiol spray affect my weight?**

At the start of hormone replacement therapy, you may experience a short-term weight gain of 1 to 2 kg as a result of water retention. This effect is a result of rehydration, as there can be fluid loss in the tissue if oestrogen deficiency persists for a long time.

Independently of hormone replacement therapy, the body's metabolic rate decreases as a person gets older. You can better control your weight with regular exercise and a healthy diet.



# MyLenzetto 2.0

Download the enhanced version of your daily companion free of charge to help you with your treatment with the oestradiol spray:



<https://onelink.to/y28tcr>

A service from:  
Gedeon Richter Pharma GmbH  
Ettore-Bugatti-Straße 6–14, 51149 Cologne, Germany  
Tel.: 02203 9688444  
Email: [service@gedeonrichter.de](mailto:service@gedeonrichter.de)  
[www.gedeonrichter.de](http://www.gedeonrichter.de)



# Dear User,

The dosing table on the back can help you identify in good time when you need a new prescription.

## Daily dose of Lenzetto®:



1 spray daily



2 sprays daily



3 sprays daily

Your personal treatment schedule



**Continuous monotherapy:**



**Combination therapy with gestagen:**



Gestagen: \_\_\_\_\_



You can find more information in the [Lenzetto®](#) package insert. Please read it carefully.



# Memory aid on how to use the spray

1 spray daily (tick here)

1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1

2 sprays daily (tick here)

1 2	1 2	1 2	1 2	1 2	1 2	1 2
1 2	1 2	1 2	1 2	1 2	1 2	1 2
1 2	1 2	1 2	1 2	1 2	1 2	1 2
1 2	1 2	1 2	1 2	1 2	1 2	1 2

3 sprays daily (tick here)

1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
1 2 3	1 2 3	1 2 3	1 2 3	1 2		

Do not use each container for more sprays than indicated, even if the bottle is not completely empty.

