

The guide to your Estradiol Compound

Everything you need to know about your prescription.

Estradiol (.2%) | Anhydrous Gel

Important Safety Information

- Do not use if pregnant, planning pregnancy, or breastfeeding**
Estradiol is contraindicated during pregnancy. If your pregnancy status or plans change at any point during treatment, stop use immediately and contact your Allara provider. This compound is also not recommended during breastfeeding.
- Stop use and contact Allara if you experience:** Unexpected vaginal bleeding · Breast lump or changes · Sudden severe headache · Chest pain, shortness of breath, or leg pain (possible clot) · Vision changes · Signs of allergic reaction (swelling of face, lips, or throat)
- Go to the ER or call 911 for:** Chest pain, shortness of breath, or leg pain (possible clot), Sudden vision loss, Loss of consciousness, Severe allergic reaction (swelling of face, lips, or throat)
- Use with caution if you have a history of:** Estrogen-sensitive cancers (breast, uterine, ovarian), Blood clots, stroke, or heart attack, High blood pressure or high triglycerides, Liver disease, Migraine with aura · Diabetes · Smoking
- Use the lowest effective dose for the shortest necessary duration:** Long-term use of estrogen therapy is associated with increased risks of certain cancers and cardiovascular events. Your Allara provider will periodically reassess whether continued use is appropriate. Do not self-escalate your dose. Regular check-ins with your Allara medical provider are part of safe hormone therapy management.
- Secondary transfer risk:** Estradiol can transfer to others through skin contact. After applying, wait at least 1 hour before allowing children or others to touch the application area. Cover with clothing once dry. Accidental exposure in children or partners can cause unintended hormonal effects — if contact occurs, wash the area thoroughly with soap and water.
- ARE YOU ON OTHER HORMONE THERAPIES?** Tell your Allara provider about all estrogen and hormone therapies you are using. If you are currently using any other estrogen-containing products — oral estrogen, patches, vaginal estrogen rings or tablets, progesterone, or testosterone — your Allara provider needs to know. Combining estrogen-containing products without clinical oversight can result in unintended hormone accumulation. If you also take thyroid medication, estrogen therapy may increase the dose of thyroid hormone your body requires — your levels should be monitored. Patients who have not had a hysterectomy may also require progesterone alongside estrogen; this is something your provider will assess.

Storage & Handling



Store at room temperature

Keep between 68–77°F (20–25°C). Store away from heat, humidity, and direct sunlight. Do not freeze.



Keep away from children & pets

Hormonal effects can be caused through contact. Store securely and dispose of used packets safely.



Avoid contact with eyes

If contact occurs, flush immediately with lukewarm water. Contact your provider if irritation persists.

How To Apply

Apply at the same time every day and wait 1 hour before skin contact

- STEP 1** **Wash and dry your hands:** Start with clean, dry hands. Sit in a comfortable position. Do not apply to skin that is wet, irritated, or broken.
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- STEP 2** **Apply to your upper thigh:** Apply your prescribed dose to the upper inner thigh, spreading over an area roughly the size of two palm prints (~5×7 inches). Alternate thighs daily. Do not rub or massage in.
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- STEP 3** **Let dry, cover, and wash hands:** Allow to dry completely (~5 minutes) before dressing. Cover with clothing. Wash hands immediately with soap and water.

- Consistent daily timing helps maintain stable estradiol levels.** After application, wait at least 1 hour before allowing others to touch the area. Do not shower, swim, or apply sunscreen to the site for at least 1 hour — washing too soon reduces absorption by 30–38%.
- Do not apply to the face, breasts, or vaginal area** This compound is formulated for upper thigh application only. Applying to other areas can alter absorption rates unpredictably. Do not use sunscreen on the application site before or immediately after applying, as this can affect estrogen absorption.

What To Expect

Common early symptoms

- Hot flashes and night sweats
- Sleep disruption related to menopause
- Vaginal dryness or irritation
- Mood changes, anxiety, or irritability
- Cognitive fogging or difficulty concentrating

Less common symptoms

- Breast tenderness or swelling
- Mild application site redness or irritation
- Spotting or irregular vaginal bleeding
- Headache or nausea in the first 1–2 weeks
- Skin darkening at the application site

- Most patients feel meaningful symptom relief within 2 weeks:** Hot flash frequency and intensity typically begin to improve within 2 weeks of consistent use. For some patients — particularly those on a lower starting dose — it may take up to 8–12 weeks to feel the full benefit. Dose adjustments should be made with your Allara provider, not independently.

What To Do If You Miss A Dose

More than 12 hours until next dose?

Apply the missed dose now and resume your normal daily schedule the following day.

Less than 12 hours until next dose?

Skip the missed dose and apply your regular dose on schedule the next day. Do not double up.

Support

Messaging

Secure via the Allara app

Email

patientsuccess@allarahealth.com

Urgent / After Hours

Call 911 or go to the ER

This insert is for informational purposes only and does not replace personalized medical advice. Always follow your provider's instructions for your prescribed dose and protocol. © 2026 Allara Health. All rights reserved.