

Information for Patients about

# Transdermal Buprenorphine Patch (Transtec)



Transdermal Buprenorphine Patch (Transtec) may reduce the level of your pain and allow you to increase your activity.

## **Administration**

- You should only use each patch once.
- Use only as directed.
- There is enough painkiller in each patch to last four days.
- You should change your patch at the same time of day every fourth day. If you are using more than one patch, you should change all your patches on the same day.
- If you forget to change your patch, then change it as soon as you remember.
- Do not use the patch if it looks damaged and never divide or cut the patch.

## **Applying the Patch**

- Remember to remove the previous patch.
- Apply the patch to a flat part of your upper body or upper arm, taking care to avoid sensitive areas or areas that you move a lot. The skin must be free of cuts, spots or other skin blemishes, and should not be hairy. If there is hair, do not shave it as this will irritate the skin. Instead, cut the hair as close to the skin as possible.
- Make sure that the patch will be stuck on a part of the body that will be covered by loose clothing and not under a tight or elastic band.
- Do not stick a patch on the same place twice in a row. You should allow several days to pass before you put a new patch on the same area of skin.
- Before applying the patch make sure your skin is completely dry and clean. If you need to clean the skin, use only cold water.

- Remove the patch from the pouch and peel off the protective liner. Try not to touch the sticky side of the patch.
- Press the patch onto the skin with the palm of the hand and hold for at least 30 seconds, making sure it sticks well, particularly at the edges.
- Wash your hands when you have finished applying your patch.
- Do not stick a patch on straight after a hot bath or shower, wait until the skin is completely dry and cool.
- Avoid exposing application site to external heat as this may increase side effects.

We advise you to read the information sheet that will be included with your medication. This will tell you how to dispose of the patches after they have been used.

## **Possible Side Effects**

- Some people will have constipation when using these patches. Your GP can prescribe a laxative to help.
- You may feel sick or vomit (be sick) when you use these patches. This should wear off after a few days. Your GP can prescribe an anti-sickness medicine if it causes problems.
- You may find that you cannot concentrate or that you feel more sleepy than normal when you start using these patches or when your dose increases. This should also wear off after a few days. You must tell the DVLA if you are on any medicines which affect your driving. If you are drowsy you should not drive or operate machinery. You should avoid alcohol as this will make you drowsy.

- Transtec patches may make some people unusually drowsy, and breathe more slowly or weakly than expected. If you, or anyone else, notice that this is happening, take the patch off immediately. Call a doctor straight away. While waiting for the doctor, keep moving and talking as much as possible.
- In a few people one of the following may occur: dry mouth, sweating, dizziness, headache, mood changes, irregular heart beat, confusion, facial flushing, hallucinations, bronchospasm (wheezy), and colic.
- Very occasionally, passing water may be difficult. On rare occasions there have been reports of patients having a lower blood pressure and a slower heart beat. Some patients may suffer from an allergic reaction such as a rash or itching.
- You may sometimes notice a rash, redness or slight itching of the skin caused by the patch. This is usually mild and disappears after you have removed the patch. If it does not, or if the patch irritates your skin, tell your doctor.
- If you have a fever you may experience increased side effects.
- Long term treatment with this type of drug can cause infertility. If you are planning to have children you should discuss this with your GP before using these patches. If you become pregnant you may need to stop using these patches. You should discuss this with your GP. If you are male, there is a possible effect on male testosterone levels. Testosterone is the male hormone that is involved in making sperm.



Side effects usually improve in time. If you are concerned about any of these side effects or if you have any other problems you should discuss this with your GP, Community Pharmacist or NHS 24 on **08454 24 24 24**.

## Stopping Medications

Do not suddenly stop taking your medicine. You should gradually lower the dose. Call your doctor, pharmacist or nurse for advice.



### Remember!

- Don't run out of your patches.
- If you apply too many patches or someone else accidentally applies your patch, contact your GP or attend accident and emergency.
- Never give your patches to another person.
- Ask for a repeat prescription before your patches have finished.
- If you have any questions about these patches please contact your GP, community pharmacist or NHS 24.

**This leaflet is a summary of some information. However, you should still always read the manufacturers information which comes with your medication.**





