



# Fentanyl Patch

## What is fentanyl patch?

Fentanyl is an opioid medication used for the management of moderate to severe pain and breathlessness. In this formulation, fentanyl is released at a constant rate from the patch into the skin, which is then absorbed into the bloodstream.

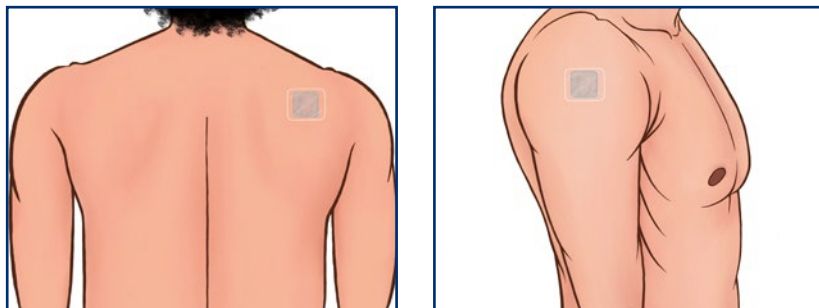
Your doctor would usually only start this medication, if the patient's pain and or breathlessness is stable.

## Where should I apply the patch?

### + The preferred sites to apply the patch are on:

- Non-irritated skin
- Flat surface of the body such as the back or upper arms

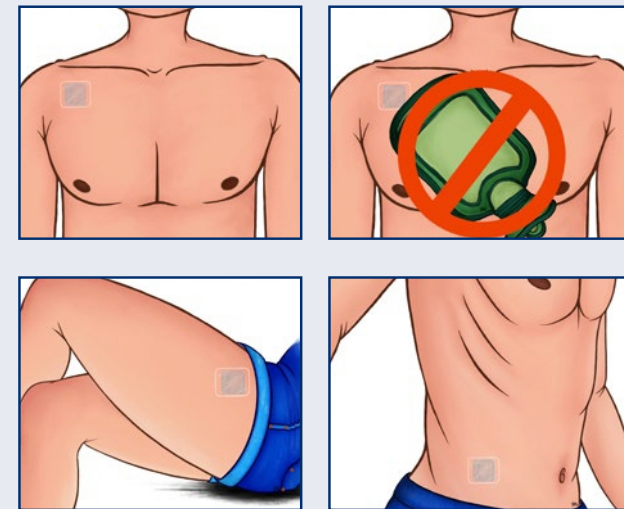
In young children or persons with cognitive impairment, the upper back is the preferred location to prevent the child from removing the patch.



### + Other possible sites include:

- Areas where there is no body hair such as the chest (away from port-a-cath site) or thigh

If there is a need for hair removal on the application site, do ensure that the hair is trimmed – not shaved – as close to the skin as possible.



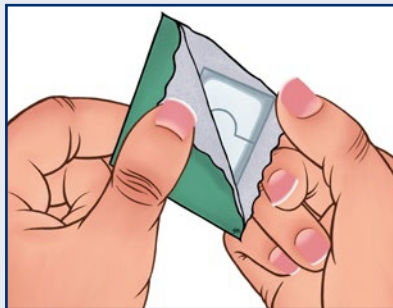
### + Reminders

- Avoid application on areas that:
  - ◇ Are bony
  - ◇ Has a scar tissue
  - ◇ Has swelling with fluid
  - ◇ Are painful
  - ◇ Are treated with radiotherapy
- Ensure that site is cleaned with water and dried before application
- Do not apply patch immediately after a bath
- Ensure that application areas avoid direct contact with heat as an increased rate of absorption of fentanyl can occur and lead to dangerously high levels of the drug

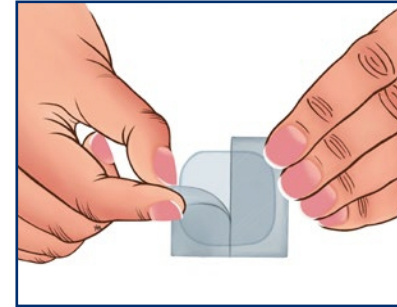


## How do I apply the patch?

- Tear open the packaging carefully along the seams. Ensure that the patch is intact before use.



- Remove the protective liner and avoid touching the adhesive layer.

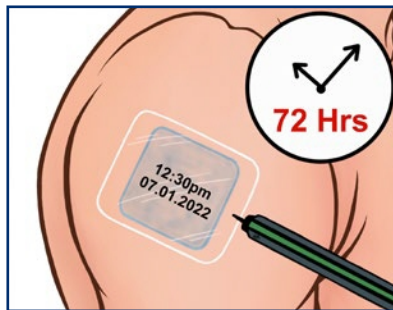


- Apply the adhesive side to the skin and apply light pressure with the palm for about 30 seconds.
- Ensure that edges of the patch adhere properly.
- Cover it with the transparent and waterproof film provided (Tegaderm).



- Record the date and time of application with permanent ink.
- Note the site if the patch will be changed by different people.
- Change the patch every 72 hours, preferably at the same time of the day as when it was applied.
- Ensure that patch is placed on a different skin site with every application. It may be helpful to place it on the direct opposite side with each change. For example, from the left thigh to the right thigh, and then back to the left thigh again, every three days.

If a patch falls off before 72 hours, dispose of it by folding it in half. Apply a new patch to a different skin site.



#### + Reminders

- Remove any old patch before applying a new one.
- Do not adjust the dose without consulting a doctor.
- Avoid sunbathing or soaking in a hot bath/sauna. Showering is acceptable as the patches are waterproof.
- Your doctor would usually prescribe an additional oral medication for breakthrough pain. Do keep track of the number of doses required.

#### + Other application methods:

- When applying **half a patch**, remove only one side of the protective liner and keep the other side in place. Do not cut the patch.



- When applying **more than one patch**, ensure that the edges do not touch or overlap each other.



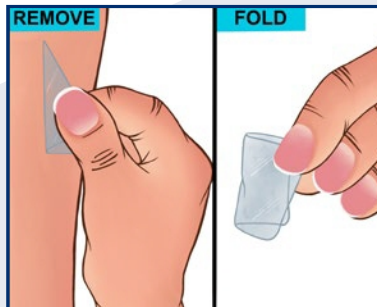
## What do I need to monitor after the patch has been applied?

Please inform your doctor if you/your child experiences any of the following after the patch has been applied:

- Worsening or persistent pain
- Excessive sleepiness
- Nausea and vomiting
- Myoclonic jerks (brief jerking movement of limbs)

## How do I dispose the patch after use?

- Fold used patches into half by sticking the adhesive side together.



- Discard safely by flushing it down the toilet bowl, or in designated bin.



## References:

- Durogesic® Product Insert. (2020). Johnson & Johnson Pte. Ltd., Singapore  
[https://www.jjsgme.com/system/files/durogesic\\_transdermal\\_patch\\_pi.pdf](https://www.jjsgme.com/system/files/durogesic_transdermal_patch_pi.pdf)
- Fentanyl Patches. (2021). Scottish Palliative Care Guidelines.  
<https://www.palliativecareguidelines.scot.nhs.uk/guidelines/medicineinformation-sheets/fentanyl-patches.aspx>
- Fentanyl (Transdermal Route). (2022). Mayo Clinic.  
<http://www.mayoclinic.com/health/drug-information/DR601815>





## Other Instructions

### About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System's (NUHS) centres of excellence

- Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit [www.nuh.com.sg/NUWoC](http://www.nuh.com.sg/NUWoC)

### Children's Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1  
Contact +65 6772 5000

### KTP-NUCMI

Location NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry +65 6772 5736  
Appointment Line +65 6908 2222  
Email [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### 9a Viva-University Children's Cancer Centre

Location NUH Medical Centre, Zone B, Level 9  
Operating Hours 8am – 5.30pm (Mon to Fri)  
Appointment Line +65 6772 5030  
Email [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### NUH Children's Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22  
Operating Hours 9am – 11pm daily (including public holidays)  
General Enquiry +65 6219 1538  
Email [childrenucc@nuhs.edu.sg](mailto:childrenucc@nuhs.edu.sg)

### NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2  
Operating Hours 8.30am – 5.30pm (Mon to Fri)  
Appointment Line +65 6665 2530 / 2531  
Email [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

### NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01  
Operating Hours 8.30am – 5.30pm (Mon to Fri)  
Appointment Line +65 6769 4537/4637  
Email [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

### Clinic A22 NUWoC Children's Clinic @ NTFGH

Location Ng Teng Fong General Hospital  
Tower A – NTFGH Clinics, Level 2  
Operating Hours 8.30am – 5.30pm (Mon to Fri)  
Appointment Line +65 6908 2222  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

## Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &

Jurong Community Hospital

Alexandra Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

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