



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.

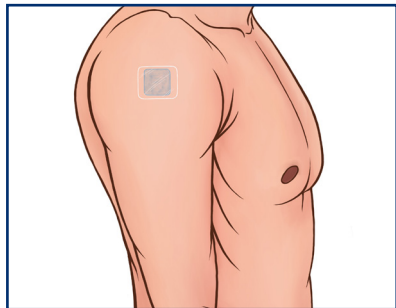
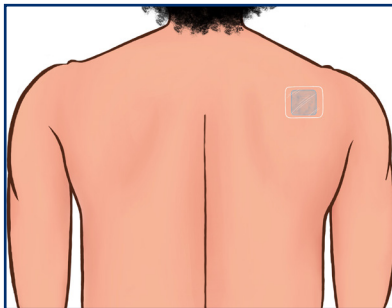
Your doctor would usually only start this medication, if the patient's pain and or breathlessness is stable.

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

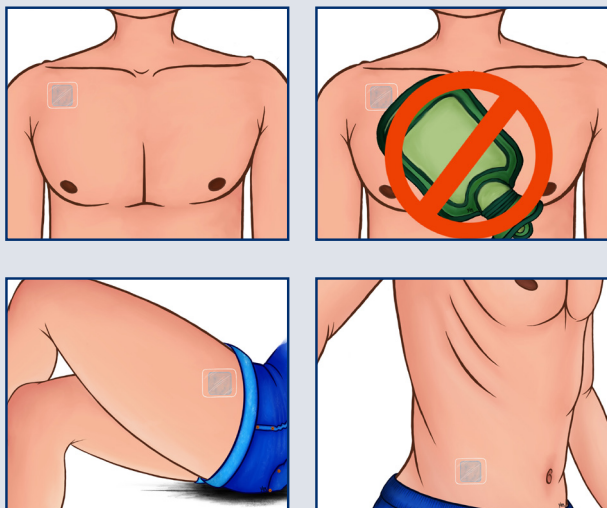
In young children or persons with cognitive impairment, the upper back is the preferred location to prevent the child from removing the patch.



+ 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.



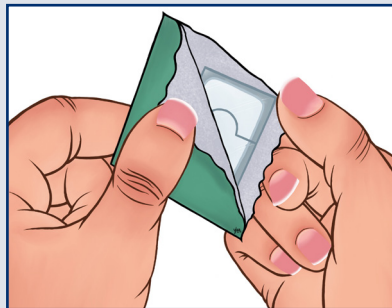
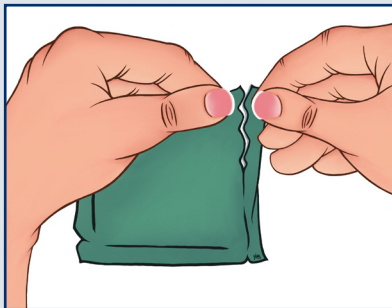
+ Reminders

- 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

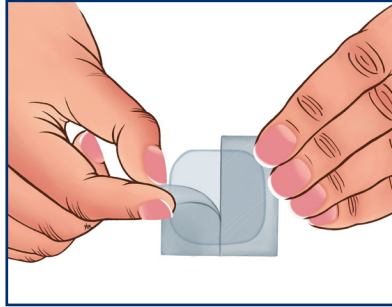


How do I apply the patch?

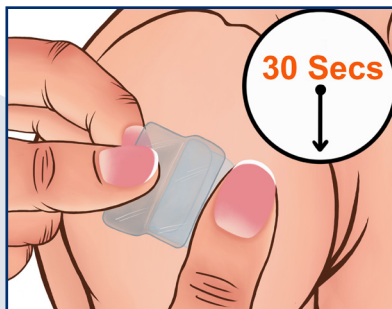
- Tear open the packaging carefully along the seams. Ensure that the patch is intact before use.



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

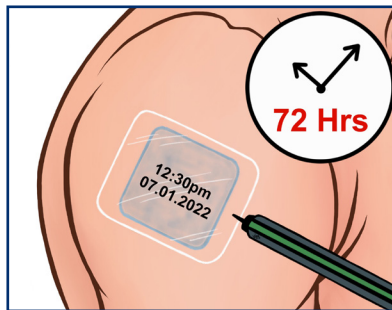


- Apply the adhesive side to the skin and apply light pressure with the palm for about 30 seconds.
- Ensure that edges of the patch adhere properly.
- Cover it with the transparent and waterproof film provided (Tegaderm).



- 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.

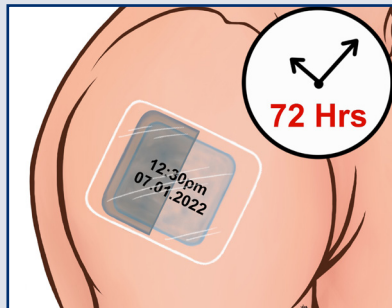


+ Reminders

- 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.



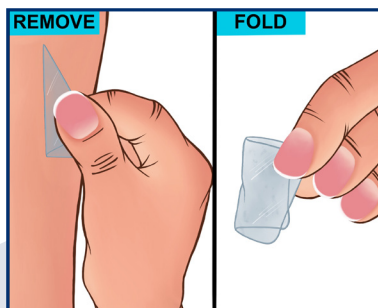
What do I need to monitor after the patch has been applied?

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.



- Proper disposal of controlled drugs is essential to prevent misuse, abuse and accidental administration. Pack this medication into a bag/bottle and return it to pharmacy for disposal.

References:

- Durogesic® Product Insert. (2020). Johnson & Johnson Pte. Ltd., Singapore
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>



[illegible]

About the National University Centre for Women and Children

The National University Centre for Women and Children (NUWoC) empowers women, children, and families to lead healthier lives. It brings together the [Department of Obstetrics & Gynaecology \(O&G\)](#) and [Khoo Teck Puat – National University Children’s Medical Institute \(KTP-NUCMI\)](#) at National University Hospital, working alongside [National University Polyclinics \(NUP\)](#) to strengthen continuity of care across the community.

Supported by the National University Health System (NUHS), NUWoC delivers comprehensive medical and surgical services across the life course – from pre-conception through maternal, child, adolescent, and women’s health.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI has established an integrated outpatient facility offering medical, diagnostic, and rehabilitation services for children. NUWoC is Singapore’s only public specialist centre providing paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children’s Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1

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

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

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 childreucc@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

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

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

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital
Alexandra Hospital
Tengah General and Community Hospital (upcoming)
Jurong Community 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
NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.

OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
OneNUHS Appointments: appointment@nuhs.edu.sg
www.nuhs.edu.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© 2026, National University Hospital (Singapore) Pte. Ltd. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital (Singapore) Pte. Ltd.

Information is correct at time of printing [Jul 2026] and subject to revision without prior notice.