



COMMONLY ASKED QUESTIONS ABOUT THE USE OF CREAMS AND GELS

This medication has been specially compounded by our pharmacists as directed by your practitioner. Careful technique and skill are involved in the preparation of the compounded prescription.

Why am I using this medication?

Bioidentical hormones are usually prescribed at doses that are intended to match the levels of hormones normally found in the human body. Bioidentical hormones might be used for many reasons including, but not limited to, hormone therapies (for both men and women), menopause, premenstrual syndrome (PMS), postpartum depression (PPD), infertility, and andropause (male menopause).

How do I measure this medication?

- * All of our prescribed gels and creams are labeled in a milligram per gram (mg/gm) concentration.

If you have a jar/spoon:

- * A custom made spoon has been provided to help ensure that you are receiving the correct dose with each application. One side measures 1 gram of our cream and the other side measures 1 gram of our gel. **Use the cream end of the spoon to measure 1 gram of our non-alcohol gel.**
- * The proper technique to measure your cream/gel, using the spoon is:
 - ~ Place jar on a flat surface.
 - ~ Using correct side of spoon, dip into cream/gel, filling the spoon.
 - ~ Draw spoon across top of jar, keeping spoon parallel to flat surface.
 - ~ Be careful not to tilt the spoon up or down on the edge of the jar.
 - ~ Wipe off excess cream/gel from back of spoon using edge of jar, returning excess to jar for later use.



**Measuring
with spoon**



**Cleaning off
excess Cream/gel**

If you have a tube/applicator:

- ~ An applicator with gram measurements may have been included. This device screws onto the end of the tube and is filled by squeezing out the correct amount into the applicator. After each dose, you should wash the applicator. Separate the applicator into two pieces and wash both pieces of the applicator with warm soapy water and rinse them well. Allow the two components to air-dry separately and reassemble the applicator before the next use. Do not attempt to clean the applicator using boiling water or the microwave. It is safe to use a dishwasher.

WHERE DO I APPLY THIS MEDICATION?

- * We recommend that creams and gels for application be rubbed well into the skin until disappearing by applying to the inner thighs or abdomen or shoulder or buttocks. Most practitioners suggest rotating the sites of application.
- * Creams can be used on the skin or in the vagina. Directions should indicate this type of use. However, if you have questions, please call us or your practitioner.
- * **ALCOHOL-BASED GEL MAY CAUSE VAGINAL OR SCROTAL BURNING.** An exception to this is our non-alcohol gel. It is distinguished from our alcohol-based gel by a milky appearance and no smell of alcohol.
- * **Wash hands with soap and water after applying cream or gel and delay person contact with site of application for at least one hour.** Also, delay bathing, swimming or activities which cause sweating for at least one hour.
- * To reduce potential of evaporation, keep lids securely closed on gels and non-alcohol gels.

WHAT ARE SOME POSSIBLE SIDE EFFECTS?

- * Some patients may experience possible skin irritation with the use of topical prescriptions. If this should occur, please contact us or your practitioner about alternatives.

WHAT DO I DO IF I MISS A DOSE?

- * If you miss a dose, apply your next dose as soon as possible. Do not double up on your dose. It is important to take your medication according to your practitioner's instructions.

WHAT ABOUT STORAGE AND SHIPPING?

- * Store at room temperature away from heat and humidity. Do not refrigerate unless the container specifies.

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The information provided in this insert is not meant to be a complete explanation of the purpose and use of gels and creams. If you have any questions, please call us at (800) 279-5708, and we will be glad to help you in any way we can.