

## DHEA - Dehydroepiandrosterone (Derived from plant sources—Yam)

### Benefits

- Possible uses include treatment of is prescribed to treat the symptoms of hormone depletion. It can be prescribed for both men and women.
  - Doctors may prescribe medications for off label use, meaning the FDA has not approved the medication to treat that specific condition. Ask your pharmacist or physician if you have any questions regarding the use of your medication.
  - Talk to your doctor to understand why this particular hormone was prescribed for you and what your expected outcomes should be.
- The amount of time it takes to see the full effects of the medication varies between each patient. Consult your prescriber for additional information.

### Side Effects

- Possible side effects include excessive body/facial hair, hair loss, acne, voice deepening, changes in menstrual pattern, liver dysfunction, abdominal pain, and elevated blood pressure.
- People who have a history or are at an increased risk of heart disease and stroke should avoid the use of DHEA.
- Use of this medication during pregnancy should be guided by your obstetrician. If you are pregnant, wish to become pregnant or are breastfeeding, contact your doctor before using this medication.
- Other side effects not listed above may occur in some patients. If you experience an adverse event, please tell your physician immediately and, if it is serious, you may also report your experience to the FDA Med-Watch Program at 1-800-FDA-1088.

### Administration

- Always follow the directions on your prescription label on how to take your medication.
- Oral Forms
  - Capsule: swallow whole, do not crush or chew.
  - Tablet: follow the directions on your prescription.
  - Oral liquid: swallow prescribed amount using measuring tool provided.
  - Sublingual tablet: place under the tongue and let tablet dissolve.
- Suppositories: unwrap and insert into designated area.

- Do not swallow this medication. If this medication is accidentally swallowed, contact 911.
- For more information on how to administer a suppository, refer to the label on your medication or talk to your pharmacist.
- Topical: clean and dry the designated area, then apply the recommended amount of medication to the area and rub in well for 2 minutes. After administration, wash your hands thoroughly to prevent transferring the medication onto others.

#### **Duty to Warn for Topical Medications**

It is possible for topical medications to be transferred on to other individuals through casual contact which can lead to unwanted side effects in those individuals. To prevent their exposure, don't allow skin-to-skin contact of the treated area with other adults, children or pets. Keep the treated area covered with loose fitting clothing or lightly wrapped gauze until the drug is completely absorbed, which can take up to 4 hours.

Hand washing does not remove all the drug residue from your skin. It is best to apply medication with a disposable glove. Ask your pharmacist about any questions or concerns you might have.

#### **Description**

- If cream changes color or separates. Pause use and contact the pharmacy at 734-545-1117 extension 0 and ask to speak to a representative.

#### **Additional Information/Warnings**

- This medication is contraindicated for use during pregnancy. Call your doctor immediately if you are pregnant or intend to become pregnant or intend to breastfeed.
- If you miss a dose of this medication, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once. If you have any questions, please contact your physician or pharmacist.
- Before taking this medication, tell your healthcare provider about all the medications you are currently taking including prescription medications, herbal supplements, vitamins, and over-the-counter medications.
- Continue to have routine appointments with your physician to assess and monitor your response to the medication and condition as recommended.
- Do not share medication with another person, even if they have the same symptoms you are experiencing.



1274 Anna J Stepp Rd. Ypsilanti, MI 48197  
855-GOO-BLUE (855-466-2583) Toll Free Phone  
855-445-1119 Toll Free Fax  
info@valiantrx.com  
www.valiantrx.com

- The information in this patient advisory leaflet is not intended to cover all possible uses, directions, precautions, drug interactions, or adverse effects. If you have questions about the medicines, you are taking or would like more information, check with your doctor or pharmacist.
- This compound medication is customized for the patient and is exclusively available with the prescription from a prescriber.
- Please refer to receipt for a list of ingredients in your medication.

### Storage

- Refer to the label on your prescription for refrigeration requirements (do not freeze).
  - If refrigeration is NOT required- store medication at room temperature in a cool, dry place. Do not store it in the bathroom, a vehicle, or any other location with varying temperatures or humidity.
  - If refrigeration is required, store in the refrigerator out of reach of children.
- Compounded medications are not usually prepared in child resistant containers and should be kept away from children and pets. If you would like to have a lockable zip lock bag for your compounded medications, please call the pharmacy and ask the technician to include child resistant packaging with your refills.
- Unused medications left in the medicine cabinet can be a temptation for children and teenagers. Discard unused medications promptly. Do not flush drugs down the toilet or into the sink drain as they could be hazardous to the environment. Contact your local disposal company for more details about how to safely discard medications when they are expired or no longer needed. Big Red Barrel and Yellow Jug are national drug disposal programs. Visit [www.bigredbarrel.com](http://www.bigredbarrel.com)
- Contamination may be present if the capsule is slightly damaged or cracked for liquids if a color change occurs or dark spots appear. If any of which are present do not use and contact pharmacy at 734-545-1117 extension 0 and ask to speak to a representative.
- For creams contamination may occur if the closed container device is tampered with. Do not open the device. It is designed to deliver the correct dose when used properly.

### Prescription Expiration & Medication Beyond Use Date

- Refer to the label for the expiration date of your prescription.
  - Your prescription expires in two ways:
    - You have used all of the refills prescribed.



COMPOUNDING PHARMACY 1274 Anna J Stepp Rd. Ypsilanti, MI 48197  
855-GOO-BLUE (855-466-2583) Toll Free Phone  
855-445-1119 Toll Free Fax  
info@valiantrx.com  
www.valiantrx.com

- The prescription has reached the expiration date of one year (or six months for controlled drugs).
  - When a prescription expires, allow plenty of time to visit your doctor and for the pharmacist to compound your prescription renewal.
- Refer to the *discard date* or *beyond use date* on your bottle to learn when your medication should be discarded. Compounded medications have a shorter shelf life than those of manufactured drugs. The beyond use date is the longest date we can guarantee full potency of your medication.
- Please consult your pharmacist or local waste disposal company for more details about how to safely discard medications when they are expired or no longer needed. Please do not flush medications down the toilet or pour them into a drain.

**Please contact Valiant Compounding Pharmacy at 734-545-1117 or toll free at 855-466-2583 with any questions, concerns, or for prescription refills.**