

Compounded Estrogens (E1, E2, E3)

(Derived from plant sources –Yam)

Benefits

- Possible uses include improvement of skin health, vaginal dryness relief, urinary incontinence, cardiovascular (lipid profile), enhancement of sleep, improvement in emotional well-being, improvement of sensory function, memory, and mental activity, and prevention of osteoporosis.
 - 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.
- 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 headaches, vaginal bleeding, mood swings, depression, breast tenderness, fatigue, blood clots, sleep disturbance, and fluid retention.
- Your obstetrician should guide the use of hormones during pregnancy. If you discover you are pregnant and are taking hormones, call your doctor or obstetrician immediately to determine if you should discontinue your therapy.
 - Some hormone medications may be contraindicated, and some may be beneficial for use during pregnancy. It is important to discuss this with your medical care team.
 - It is important that you inform your prescriber if you are breastfeeding.
- Severe side effects are rare but may occur. Severe side effects include increased risk of blood clots, gallbladder disease, pancreas disease, and increased risk of breast, cervical, or ovarian cancer.
 - If you experience a severe side effect while taking this medication, please call your physician immediately. You may also report the side effects 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.



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- 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 of 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

- Call your doctor immediately if you are pregnant or intend to become pregnant, or intend to breastfeed, as each medication will need to be reviewed if it is suitable for use during pregnancy or breastfeeding.
- Estrogen can increase the risk of endometrial cancer. Report abnormal vaginal bleeding to your health provider immediately.
- Long-term use of estrogen therapy may increase the risk of heart attack, stroke, deep vein clots, dementia, or breast cancer.
- Do not smoke while taking this medication.
- Avoid eating grapefruit or drinking grapefruit juice while taking this medication.



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- Immediately report sudden-onset migraine, double vision, or partial/complete loss in vision, as this medication can very rarely cause damage to the blood vessels in the eye.
- 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.
- Call your doctor immediately if you are pregnant, intend to become pregnant, or intend to breastfeed. Your doctor will need to review each medication used during pregnancy or breastfeeding.
- 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.
- If you have gained or lost more than twenty pounds, your hormone dose may need to be adjusted. Contact your prescriber.
- 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



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