

Combination Hormones for Men

Hormone therapy may include one or more of the following medications:

- Progesterone, chrysin, DHEA, or testosterone.
 - Any of these hormones can be prescribed for either women or men. This patient advisory leaflet covers hormone therapy for men. Talk to your doctor to understand why this particular combination of hormones was prescribed for you and what your expected outcomes should be.
- The names of the hormones your doctor ordered may be shortened to fit on the prescription label. Some pharmacies may abbreviate differently. This is a list of abbreviations commonly used at our pharmacy.
 - Progesterone = Prog or P
 - Testosterone = Test or T
 - Dehydroepiandrosterone = DHEA
 - Chrysin = Chry or Chrys

Benefits

- Possible benefits for men may include: improvement of skin health, improved energy, improved cardiovascular (lipid profile), improvement in muscle to fat ratio, improvement in emotional well-being, improvement of sensory function, improvement in memory/mental activity, improved libido and erectile function, and improvement of thyroid function, blood sugar and mineral balance.
 - 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

- Side effects vary among patients. Some common side effects may include breast tenderness, increased cholesterol, acne, unusual behavior, aggressive behavior, emotional imbalance, headache, and sleepiness.
 - Some of the side effects listed above may also be symptoms of hormone imbalance. It is very important that you discuss all these symptoms with your physician.
- Severe side effects are rare but may occur. Severe side effects could include rapid heart rate, chest pain, severe or sudden onset of headache, swelling in the extremities, heavy bleeding or breast lumps, are possible serious side effects.
 - 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.
 - 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.
- Your physician prescribed this medication based on results of your lab work and hormone levels. It is important that you apply or take your medication consistently as prescribed.

Duty to Warn for Topical Medications

Testosterone can be transferred by skin to skin contact. Male doses of topical testosterone can cause negative side effects in women and children who contact skin after the medication has been applied. If exposed to testosterone children may develop aggressive behavior, enlarged genitals, and pubic hair. Women may develop unwanted hair growth or acne. Testosterone transfer is especially dangerous for pregnant women because it can cause birth defects.

To prevent these problems, don't allow skin-to-skin contact of the treated area with other people. Keep the treated area covered with loose clothing until the medication is absorbed, about 4 hours. Hand washing does not remove all the drug residue. It is best to apply medication with disposable latex or latex free gloves.

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

- 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.
- Alcohol may cause an increase in sedation in combination with certain hormones. Please discuss the use of alcohol with your prescriber or pharmacist. Sometimes progesterone is taken at bedtime to help with sleep problems associated with menopause.
- Combination hormone therapies should be closely monitored. Inform your doctor if you change your medication protocol or add/discontinue over-the-counter products. Do not stop abruptly. Talk to your doctor about a gradual decrease in hormone treatments.
- Certain medical procedures may require you to stop using your medications a week or two prior to your procedure. To reduce the chance of unwanted side effects, discuss medication changes with your prescriber.



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- If you have gained or lost more than twenty pounds, your hormone dose may need to be adjusted. Contact your prescriber.
- Hormone therapy medications can interact with other medications. If you started a new medication and are taking hormones, contact your prescriber to determine if there are any possible drug interactions.
- 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.
- 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



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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 of the refills prescribed (limited to 5 refills if testosterone is an ingredient, because it is a schedule III-controlled substance).
 - The prescription has reached the expiration date of one year (six months if testosterone is included).
 - 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.