

## Understanding Your Medication

Welcome to **Valiant Compounding Pharmacy**. Understanding your medication is an important part of your treatment. We've organized this information into **three short guides** to help you get the most from your medication.

### 1. Medication Guide

- Learn about your prescribed medication, including its common uses, precautions, and possible side effects.

### 2. Your Personalized Prescription

- Learn how your prescription was personalized and why a compounded medication was selected for your individual treatment.

### 3. Using Your Medication

- Learn how to correctly use, store, and dispose of your medication.

**If you have questions at any time, our pharmacists are happy to help.**

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## Medication Guide

### Estradiol / Estriol / Progesterone / Testosterone

#### Before You Begin...

Before starting hormone therapy, make sure your healthcare provider knows if you:

- Have a history of blood clots, stroke, or heart disease.
- Have liver disease.
- Have a history of hormone-sensitive cancers.
- Have unexplained vaginal bleeding.
- Are pregnant, planning to become pregnant, or breastfeeding.
- Have ever had an allergic reaction to any ingredient in your medication.
- Take prescription medications, over-the-counter medications, vitamins, herbal supplements, or other health products.

Routine follow-up appointments are an important part of hormone therapy. Your healthcare provider may periodically review your symptoms and adjust your treatment if needed.

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#### About Your Hormone Therapy

Estradiol, estriol, progesterone, and testosterone are hormones naturally produced by the body. Together, they help regulate many normal functions involving energy, mood, sleep, sexual health, bone health, muscle, skin, and overall well-being.

As hormone levels change over time, some people begin to notice symptoms that affect their quality of life.

Hormone therapy helps restore hormone levels when appropriate as part of an individualized treatment plan.

### Why has this medication been prescribed?

Hormone levels naturally change throughout life, particularly during and after menopause. When these changes begin to cause symptoms or affect your quality of life, your healthcare provider may recommend hormone therapy. Depending on your individual needs, this medication may help:

- Manage hot flashes and night sweats.
- Improve vaginal dryness and discomfort.
- Support sexual health and libido.
- Improve energy and overall well-being.
- Support bone, skin, and urinary tract health.
- Replace hormones that are no longer produced in adequate amounts.

Some people notice improvement within several weeks, while others require additional time. Your response depends on your symptoms, prescribed dose, and how your body responds to treatment.

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### What side effects should I watch for?

Most people tolerate hormone therapy well. Like all medications, however, side effects can occur.

#### Common side effects may include:

- Breast tenderness.
- Mild skin irritation.
- Headache.
- Nausea.
- Bloating.
- Mood changes.
- Acne or increased facial hair.
- Changes in libido.

Many side effects improve as your body adjusts or after your healthcare provider adjusts your dose.



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**Contact your healthcare provider if you experience:**

- Persistent vaginal bleeding.
- New breast lumps.
- Significant mood changes.
- Ongoing skin irritation.
- Acne or hair growth that becomes bothersome.

**Seek immediate medical attention if you experience:**

- Chest pain.
- Shortness of breath.
- Sudden vision changes.
- Severe leg pain or swelling.
- Signs of an allergic reaction.

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## **Your Personalized Prescription**

Your medication was prepared specifically for you based on your healthcare provider's prescription. Unlike commercially manufactured medications, compounded medications allow treatment to be individualized when a standard product may not fully meet your healthcare needs. Depending on your treatment plan, your prescription may provide:

- Individualized hormone strengths.
- Multiple hormones combined into a single preparation.
- A topical formulation selected for your treatment goals.
- Modification or elimination of certain inactive ingredients (excipients).
- Other treatment options individualized for your healthcare needs.

Because your prescription is prepared specifically for you, it may differ from commercially manufactured medications in strength, dosage form, appearance, or inactive ingredients.

**Every person's health needs are different. Your prescription was prepared specifically for you and may not be appropriate for another person, even if they have similar symptoms.**

## About the Ingredients in Your Medication

The ingredients used in your medication are selected from qualified pharmaceutical suppliers and prepared according to established compounding standards.

The hormones in this medication are:

- **Bioidentical**, meaning they are chemically identical to hormones naturally produced by the human body.
- Manufactured from plant-derived starting materials through pharmaceutical processes that produce hormones identical in structure to those naturally found in the body.
- Combined into a single topical medication to simplify treatment while allowing each hormone and strength to be individualized.

If you're curious about the ingredients in your medication or why they were selected, our pharmacists are happy to answer your questions

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## Prescription Information

- Refer to your prescription label for your medication's **Beyond-Use Date (BUD)**.
  - The **Beyond-Use Date (BUD)** is the last date we can assure the quality and potency of your compounded medication when it has been stored as directed.
  - Do not use your medication after its Beyond-Use Date unless instructed by your healthcare provider or pharmacist.
  - Your prescription may expire after all authorized refills have been used or when it reaches its legal expiration date.
  - Please allow adequate time if your prescription needs to be renewed.
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## Medication Safety

- Use this medication only as prescribed.
- Do not share your medication with another person.
- Keep medications out of the reach of children and pets.

If you experience a serious side effect or believe you are having a medical emergency, seek medical attention immediately. Serious adverse events may also be reported to the FDA MedWatch Program by calling 1-800-FDA-1088 or submitting a report online at [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

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## Using Your Medication

### Topical Medication (Cream, Gel, or Ointment)

#### Checking Your Medication

Check your medication and its container before each use and throughout your treatment.

**Contact the pharmacy before continuing to use your medication if you notice:**

- Separation or an unexpected change in consistency.
- An unusual color or odor.
- A damaged or leaking container.
- Evidence that the container has been opened or tampered with.
- Anything about your medication that seems unusual or causes you concern.

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#### How do I use my medication?

Apply the prescribed amount to clean, dry skin exactly as directed on your prescription label.

- Apply only to healthy, unbroken skin.
- Apply only to the area(s) directed by your healthcare provider.
- Wash your hands after application unless your hands are the treatment area.
- Allow the medication to absorb before dressing or covering the area.

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#### Why was a topical formulation prescribed?

Topical formulations allow hormones to be absorbed gradually through the skin and may provide an alternative to oral therapy.

### What should I expect?

Hormone therapy works gradually. Some people notice improvement within several weeks, while others require additional time.

For best results:

- If possible, wait **two hours** before bathing or swimming.
  - Avoid skin-to-skin contact or contact with pets until the medication has dried and absorbed, which is estimated to be at least 2 hours after application.
  - Continue using your medication exactly as prescribed unless your healthcare provider recommends a change.
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### What if I miss a dose?

- Apply the missed dose as soon as you remember.
  - If it is almost time for your next scheduled dose, skip the missed dose.
  - Resume your regular dosing schedule.
  - Do not apply extra medication to make up for a missed dose.
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### Storage & Handling

Store your medication according to the directions on your prescription label.

- Store in a cool, dry place unless instructed otherwise.
- Protect from excessive heat and moisture.
- Keep the container tightly closed when not in use.
- Keep medications out of the reach of children and pets.

**Proper storage helps maintain the quality and potency of your medication until its Beyond-Use Date (BUD).**

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## Disposal

When your medication reaches its **Beyond-Use Date (BUD)** or is no longer needed, it should be disposed of safely. Keeping expired or unused medications may increase the risk of accidental use by children, pets, or others in the household.

- Follow local recommendations for medication disposal.
- Do not flush medications down the toilet or pour them down the drain unless specifically instructed to do so.
- If you have questions about how to safely dispose of your medication, our pharmacists are happy to help.

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