

Sermorelin (troche, nasal spray, or injection)

Before Using Sermorelin

Let your healthcare provider know if you:

- Have ever had an allergic reaction to **sermorelin or sermorelin acetate**.
- Have or have had **cancer or another tumor**.
- Have a condition affecting your **pituitary gland or hypothalamus**.
- Have **diabetes, prediabetes, or problems with blood sugar control**.
- Have significant swelling or problems with **fluid retention**.
- Are pregnant, planning to become pregnant, or breastfeeding.
- Take corticosteroids or other medications that may affect growth hormone activity.
- Use insulin or other medications to control blood sugar.
- Take any other prescription medications, over-the-counter medications, vitamins, or supplements.

Your healthcare provider may periodically monitor laboratory values such as **IGF-1 and blood glucose** during treatment. Other monitoring may be recommended based on your health and treatment plan.

About Sermorelin

Sermorelin is a synthetic peptide that acts similarly to **growth hormone-releasing hormone (GHRH)**, a hormone involved in regulating the body's natural production of growth hormone.

Rather than supplying growth hormone directly, sermorelin stimulates the **pituitary gland to release growth hormone**. Growth hormone subsequently influences production of **insulin-like growth factor-1 (IGF-1)** and other processes regulated by the growth hormone system.

Sermorelin may be compounded in different dosage forms based on your healthcare provider's prescription.

Why Has Sermorelin Been Prescribed?

Depending on your individual treatment plan, sermorelin may help:

- Stimulate the body's natural release of growth hormone.
- Increase growth hormone activity when additional stimulation is appropriate.
- Support treatment goals related to the growth hormone and IGF-1 system.
- Address other treatment goals determined by your healthcare provider.

Response to sermorelin varies among individuals. Your healthcare provider may use your treatment response and laboratory testing to determine whether your therapy should be adjusted.

Continue using your medication exactly as prescribed unless instructed otherwise by your healthcare provider.

What Side Effects Should I Watch For?

Possible side effects may include:

- Headache.
- Flushing or warmth.
- Dizziness.
- Nausea.
- Sleepiness or fatigue.
- Swelling or fluid retention.
- Tingling or unusual skin sensations.
- Joint or muscle discomfort.

Some effects may depend on how your medication is administered. Injections may cause temporary redness, itching, swelling, or discomfort at the injection site. Nasal preparations may cause nasal irritation, while troches may occasionally cause irritation in the mouth.

Contact your healthcare provider if you experience:

- Persistent or significant swelling.
- Persistent joint or muscle discomfort.
- Numbness, tingling, or symptoms suggestive of carpal tunnel syndrome.
- Significant or persistent headaches.
- Changes in blood sugar or difficulty controlling diabetes.
- Persistent or worsening irritation where your medication is administered.
- Any side effect that becomes severe or does not improve.

Seek immediate medical attention if you experience:

- Severe weakness, fainting, or loss of consciousness.
- A severe or unusual headache accompanied by vision changes, vomiting, or other concerning symptoms.
- **Signs of a serious allergic reaction (difficulty breathing or swelling of the face, lips, tongue, or throat).**

About Your Personalized Medication

Your medication was prepared specifically for you based on your healthcare provider's prescription.

Unlike commercially manufactured medications, compounding provides greater flexibility to prepare medications that better meet your individual treatment needs.

Depending on your prescription, your medication may:

- Provide a strength that is not commercially available.
- Provide the medication in a dosage form selected for your prescribed treatment.
- Allow the amount of medication in each dose to be individualized.
- Modify or eliminate certain inactive ingredients (excipients), when appropriate.
- Provide other options individualized for your prescribed treatment plan.

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

Your medication was prepared specifically for you and should not be shared with another person, even if they have similar symptoms or treatment needs.

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.

Your prescription contains sermorelin as the active medication. Other ingredients may be included to help provide appropriate consistency, stability, appearance, taste, or other characteristics needed for the prescribed dosage form.

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

Prescription Information

Refer to your prescription label for the **beyond-use date (BUD)** of your medication.

The BUD is the last date the pharmacy can assure the quality of your medication when it is stored as directed. Do not use your medication after its BUD unless instructed by your healthcare provider or pharmacist.

Your prescription may also expire after the authorized number of refills has been used or when required by law. Allow adequate time to contact your healthcare provider if a new prescription is needed.

Medication Safety

- Use this medication only as prescribed.
- Do not share your medication with another person.
- Keep medication out of the reach of children and pets.
- If you experience a serious side effect or believe you are having a medical emergency, seek immediate medical attention.
- Suspected serious adverse events may also be reported to FDA MedWatch at **1-800-FDA-1088** or through the FDA MedWatch program.

Using Your Medication

Checking Your Medication

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

Contact Valiant Compounding Pharmacy if:

- The container is leaking or damaged.
- The medication appears to have been opened or tampered with.
- You notice an unexpected change in color, odor, or consistency.
- The medication does not appear as expected after following any label instructions such as shaking.
- You notice anything unusual or have concerns about your medication.

Follow the instructions below for the dosage form listed on your prescription label.

Troche

How do I use my medication?

- Use your medication exactly as directed on your prescription label.
- Place the troche in the location in your mouth directed by your healthcare provider or pharmacist.
- Allow the troche to **dissolve slowly** rather than chewing or swallowing it whole.
- Follow any directions on your prescription label regarding eating or drinking around the time of your dose.

Nasal Spray

How do I use my medication?

- Use your medication exactly as directed on your prescription label.
- Shake before use if instructed on your prescription label.
- Gently clear your nose before administration if needed.
- Remove the protective cap and keep your head upright or slightly tilted forward.
- Close one nostril and place the spray tip just inside the other nostril.
- Aim the spray slightly **away from the center of your nose**.
- Administer the prescribed number of sprays while gently breathing in through your nose.
- Avoid forcefully sniffing immediately after administration.
- Wipe the spray tip after use and replace the cap.
- Do not share your nasal spray with another person.

If the pump requires priming, follow the instructions provided by the pharmacy.

Injection

How do I use my medication?

- Use your medication exactly as directed on your prescription label and according to the injection technique demonstrated by your healthcare provider or pharmacist.
- Wash your hands before preparing your injection.
- Inspect the medication before each use. Do not use it if its appearance differs from the pharmacy's instructions or the container appears damaged.
- Use a **new sterile needle and syringe for every injection**.
- Measure the prescribed dose carefully.
- Clean the injection site as instructed and allow the area to dry.
- Administer the medication by the route and at the site directed by your healthcare provider or pharmacist.
- Rotate injection sites as instructed to reduce repeated irritation to the same area.
- Never share needles or syringes.
- Place used needles and syringes immediately into an appropriate sharps disposal container.
- Contact your healthcare provider or pharmacist if you develop persistent redness, swelling, pain, warmth, drainage, or another significant reaction at an injection site.

Do not change the injection route or technique unless instructed by your healthcare provider or pharmacist.

What if I miss a dose?

Instructions for missed doses may vary depending on your treatment plan.

Unless your healthcare provider has instructed you otherwise:

- Use the missed dose when you remember unless it is nearly time for your next scheduled dose.
- If it is nearly time for your next dose, skip the missed dose and return to your regular schedule.
- **Do not use two doses at the same time or use extra medication to make up for a missed dose.**

Storage & Handling

Follow the storage instructions on your prescription label carefully. **Storage requirements may differ between sermorelin troches, nasal sprays, and injectable preparations.**

- Store your medication at the temperature specified on the prescription label.
- Refrigerate if instructed.
- Do not freeze unless specifically instructed.
- Keep the container tightly closed or properly sealed when not in use.
- Protect from excessive heat, moisture, and direct sunlight as appropriate.
- Keep out of the reach of children and pets.

Proper storage helps maintain the quality of your medication through its labeled beyond-use date.

Disposal

Dispose of unused or expired medication safely.

Do not flush medication down the toilet or pour it down a drain unless specifically instructed to do so. Follow local medication-disposal recommendations or contact Valiant Compounding Pharmacy for assistance.

Used needles and syringes should be placed in an appropriate sharps disposal container and disposed of according to local requirements.

Contact Us

If you have questions about your medication, how to use it, or its storage, please contact us.

Valiant Compounding Pharmacy

734-545-1117

Toll-Free: 855-466-2583