

Considerations for a Compounded Hormone Prescription

Combinations of hormones are often prescribed. Many times there are terms that are commonly used in compounding that are not official terms.

It is important to be very clear about:

1. The **ratio** of the hormones that are being combined
2. The **strength** of the individual hormones that are being combined

A common Term Used on Hormone Prescriptions

Bi-Est

A mixture of two estrogens



Estriol



Estradiol

Bi-Est can vary in ratios and concentrations.



Hormones delivered topically can be prescribed to deliver the specific amounts in various volumes depending on the patients' needs or prescribers' preferences.

- Example: Bi-Est 50/50 1 mg may be compounded in volumes such as 0.25 mL, 0.5 mL or 1 mL

Prescriptions should be written to specifically state the dose per volume.

- Example: Bi-Est 50/50 1 mg/0.5 mL

Hormones can also be compounded into various dosage forms, such as:

Creams/gels



Sustained-release capsules



Sublingual drops



Troches



Vaginal suppositories



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Wellness Pharmacy

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800-227-2627

How it Would Look – Example

Compounded HRT Prescriptions

Example for Cream or Gel:

*Example 1: Bi-Est 50/50 0.5 mg/mL
Topical Cream (or Gel) (VersaBase®)*

Apply ___ mL ___ times/day*

Dispense: ___ mL

Refills:

*Example 2: Tri-Est 80/10/10 0.625 mg/mL/
Progesterone 25 mg/mL Topical Cream (or Gel) (VersaBase®)*

Apply ___ mL ___ times/day*

Dispense: ___ mL

Refills:

** For cycling women, specify days of the month of use*

Example Troches/Vaginal Suppositories/Capsules:

*Example 1: Bi-Est 50/50 0.5 mg/Progesterone 25 mg Troche
(or SR Capsules)*

Use (or take) ___ Troche (or Capsules) ___ times/day*

Dispense: ___ Troches (or Capsules)

Refills:

Example 2: Estriol 1 mg/gm Vaginal Cream (VersaBase®)

Insert ___ gm intra-vaginally ___ (frequency)

Dispense: ___ gm

Refills:

** For cycling women, specify days of the month of use*

Example Sublingual Drop:

Bi-Est 80/20 1.25 mg/mL Sublingual Drop

Use ___ drops (or mL) under the tongue ___ times/day*

Dispense: ___ mL

Refills:

** For cycling women, specify days of the month of use*

Call Us with Any of Your Compounding Questions!

Wellness Pharmacy

800-227-2627

Make sure that you specify VersaBase in your prescription(s) and mark "Dispense As Written" to ensure that your patients get the proven choice for hormone replacement therapy. VersaBase is a hypoallergenic base that is designed for topical or vaginal use. First-line option for most HRT needs.

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Bio-Identical Hormone Pricing

Listed below are common BHRT items available at Wellness Pharmacy®. We have selected the monthly price range of products in several therapeutic categories because so many exist. Please call the pharmacy for specific pricing or for products not listed.

Female Hormone Pricing:

Biestrogen (estradiol, E2/ Estriol, E3)/	\$45.00 per month
Progesterone less than 150mg:	\$50.00 per month
Progesterone greater than 150mg:	
Oral, cream, gel, sublingual drops, troche	
• 2 components:	\$50.00 per month
• 3 components:	\$55.00 per month
• 4 components:	\$60.00 per month
• 5 or more components:	\$75.00 per month

Testosterone small amounts (3, 6 or 9ml):	\$35.00 per month
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Male Hormone Pricing:

Testosterone:	
Oral, cream, gel, sublingual drop, troche	\$75.00 per month
• 2 components:	\$85.00 per month
• 3 components:	\$100.00 per month

- Add \$15.00 for BID dosing on all prescriptions (except 1/2ml); troche, suppositories, and Topiclick
- Components can include: Biestrogen, Chrysin, DHEA, Estriol, Estradiol, Estrone, Pregnenolone, Progesterone, and Testosterone (E2,E3 is considered 1 hormone)

PATIENT RECEIVES A \$10.00 DISCOUNT WHEN ORDERING 3 MONTH SUPPLY

We can combine any of the different hormones together for a specific formula for you or your patient. A customized ordering sheet is also available for your convenience.



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Hormone Replacement Therapy Consultations



Mary Ann Davis, RPh, with Wellness Pharmacy has achieved the professional rating of Hormone Replacement Therapy Specialist by completing a rigorous program of study, Comprehensive Core Concepts in Compounding, offered by PCCA. The course includes specialized study of ovarian anatomy, physiology and endogenous hormone function, laboratory tests and uses, clinical compounded treatment therapies, dosing guidelines and patient counseling.

Hormone Replacement Therapy (HRT) is a growing practice in pharmacy compounding, in which specialized pharmacists prepare customized medications for patients, by prescription order, when a practitioner determines that an off-the-shelf medication is not appropriate for the patient. HRT is most often prescribed to ease the symptoms of menopause, but it also can be used to treat a variety of conditions that patients of all ages may experience, including:

- Pre-menstrual syndrome (PMS)
- Moodiness
- Post-partum depression
- Endometriosis
- Sleep disturbances
- Night sweats
- Painful sexual intercourse
- Irregular menstrual cycle
- Infertility
- Weight gain
- Fibrocystic breasts
- Hot flashes
- Decreased libido
- Vaginal dryness

These conditions affect millions of patients. As the number of patients seeking hormone-related treatment has grown, so has the mass production of pills, patches and creams by the drug industry. However, each woman's body is different and has its own unique needs, but commercially manufactured products tend to be "one-size-fits-all," and do not always account for the differences between individuals.

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Working closely with a patient and her healthcare provider, a compounding pharmacist can help a patient start and maintain a hormone replacement regimen that brings her hormones back into balance and closely mimics what her body has been doing naturally for years. With a healthcare provider's prescription, the pharmacist can prepare hormones in a variety of strengths and dosage forms, including:

- Capsules
- Topical or vaginal creams, gels, and foams
- Suppositories
- Sublingual drops or troches

Once the therapy is begun, the pharmacist will continue to work with the patient and her prescriber to make sure the HRT is working correctly, adjusting the dosage if necessary, ensuring that the medication is just right for her body.

Wellness Pharmacy with over 50 years of compounding experience, We are considered the industry leader in quality and customer service. Our specialties include chelation, bioidentical hormones, autism support, and preservative-free injectables. Wellness Pharmacy is also the only pharmacy to successfully patent the preparation of injectable glutathione. PCCA-accredited.

PCCA is a complete resource for independent compounding pharmacies, including the profession's most comprehensive training and professional education programs. The company's members are nearly 4,000 independent community pharmacists in the United States, Canada, Australia and other countries around the world. PCCA was incorporated in 1981 by a network of pharmacists who recognized the need to help patients requiring customized medications. Those pharmacists became pioneers in the modern era of pharmacy compounding.





Hormone Replacement Therapy consultation with certified HRT specialist

Mary Ann Davis, RPh.

Pricing and services-

\$150 includes:

- Evaluation of symptoms and lab testing analysis
- Personal consultation
- 1 complimentary pack of Theralac®
- 1 complimentary bottle of Wellness Multi-prime (1 month supply)
- Discounted supplement recommendations
- Individual plan
- 30 day follow up

Additional evaluation(if needed):

- \$30 per 15 minutes consultation
- 1 complimentary bottle of Cal-Mag 2-1 (2 month supply)
- Discounted supplement recommendations

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