

OBGYN Compounds

**** CALL PHARMACY FOR PRICING DETAILS ****

1-800-523-1486

1) Progesterone – (comes in many different forms and strengths)

a) **Capsules** (SR, IR, Micronized(*peanut oil-free*))

b) **Sublingual methods** (some are temperature sensitive)

Common directions are: dissolve 1 troche or tablet under the tongue twice daily or place 0.5ml under the tongue twice daily or take (whatever the dose is) under the tongue at night at bedtime.

- **Moon troches** (used for lower strengths not above 50mg)
- **Gelatin troches** (used for larger strengths or if you are wanting to ¼ them)
- **Rapid dissolve tablets** (can store at room temperature, cannot be cut)
- **Drops** (can store at room temperature & is easy to adjust dose)

c) **Transdermal cream** (caution: avoid transference to other people)

Common directions are: apply ½ ml twice daily to the inner wrist or upper inner thigh, wash area well before applying or apply 1ml to the inner wrist or upper inner thigh night at bedtime.

d) **Vaginal suppositories**

Suppositories are used to help maintain pregnancies, suggested dosage is 400mg twice a day, and some physicians titrate the dosage down after 20 weeks.

Common directions are: insert 1 suppository twice a day.

Warning: Do not switch from using the suppositories to injection or capsules in the first or second trimester of pregnancy.

***Uses:** Deficient progesterone levels. For Vaginal suppositories, if any of your patients have had miscarriages early in the first trimester, this may be worth trying.

***Precautions/warnings:**

- Current or past history of thrombophlebitis, thromboembolic disorders, or cerebral apoplexy.
- Liver dysfunction or disease.
- Known or suspected malignancy of breast or genital organs.
- Undiagnosed vaginal bleeding.

***Example True Testimonial:** We had a local patient that had 6 miscarriages and they tried all types of progesterone combinations only to end each pregnancy with another disappointing miscarriage. We tried the 400mg twice a day and she now has 3 healthy and bright sons. She lost a seventh baby in between the first and second boy when her doctor thought her levels would be fine and switched her to the progesterone 100mg injections from the 400mg twice a day vaginal suppositories she was on. She has done the 400mg twice a day for minimum of 20 weeks for the last two boys, no complications with any of the 3 pregnancies she used this method of treatment on.

2) Estriol 1mg/ Testosterone 0.25mg/3gm vaginal gel applicator

***Uses:** Moderate to severe vaginal atrophy and associated symptoms including: vaginal dryness, burning, discharge, genital itching, burning with urination, urgency with urination, more urinary tract infections than normal, urinary incontinence, light bleeding after intercourse, discomfort with intercourse, and decreased vaginal lubrication during sexual activity.

*** Precautions/warnings:** unusual vaginal bleeding, currently have or have had certain cancers, had a stroke or heart attack in the past year, currently have or have had blood clots, currently have or have had liver problems, pregnancy or breastfeeding.

The use of any estrogens may increase the chances of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use Estriol or Estradiol vaginal gel.

Common directions are: insert 1 applicator full at night at bedtime every night for two weeks and then every other night until gone or insert 1 applicator full at night at bedtime every other night until gone.

3) Benzoyl Peroxide 15% or 20% / Erythromycin 4% (in versabase)

***Uses:** Acne (benzoyl peroxide is an oxidizing agent with antibacterial properties, Erythromycin, antibacterial)

***Precautions/warnings:** Hypersensitivity to either ingredient.

Comments: Patients should use a sunscreen while using this medication. May be used twice daily or at bedtime. If excessive dryness occurs, decrease amount of product used and frequency. Use a moisturizer.

4) OBC2 Sexual enhancement cream

5) Customized Hormone Replacement combinations

These can be made in the following vehicles & cost will vary depending on dosage:

A. Sublingual methods (some are temperature sensitive)

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- **Moon troches** (used for lower strengths not above 50mg)
- **Gelatin troches** (used for larger strengths or if you are wanting to ¼ them)
- **Rapid dissolve tablets** (can store at room temperature, cannot be cut)
- **Drops** (can store at room temperature & is easy to adjust dose)

B. Transdermal cream (be careful, for transference to another person)

Common directions are: apply ½ ml twice daily to the inner wrist or upper inner thigh, wash area well before applying or apply 1ml to the inner wrist or upper inner thigh night at bedtime.

- **Sample of a Customized HRT RX:**

Biest 2mg (50%/50%) (Estriol/Estradiol) Progesterone 100mg/Testosterone 1.5mg all per(1 ml)

- Transdermal Cream**
- Drops**
- Gel Troche**
- Moon Troche**
- RDT (Rapid Dissolve Tablet)**
- Pellets Estradiol _____mg Testosterone _____mg**

Direction:

- dissolve 1 troche or tablet under the tongue twice daily
- place 0.5ml under the tongue twice daily
- take (whatever the dose is) under the tongue at night at bedtime.
- apply ½ ml twice daily to the inner wrist or upper inner thigh, wash area well before applying.
- apply 1ml to the inner wrist or upper inner thigh night at bedtime wash area well before applying.

Refills _____ QTY _____