



Transdermal Hormone Cream Information

Use as directed by your health care provider. Please see your prescription for specific instructions. The following instructions are general guidelines. Please do not hesitate to call Rocky Mountain Pharmacy if you have any questions on how to use your medicine properly. We are always happy to help and answer any questions you may have!

- Usually your dose will be ¼ tsp which is equivalent to 1 gram of the prescribed medication once or twice daily.
- To measure out your dose you will be supplied with a syringe that will fit securely into the top of the prescription container. Gently push up on the bottom of the container until the cream is visible at the opening. Then insert the syringe into the pink adaptor. While pushing up gently on the bottom of the container, pull the syringe plunger to fill the syringe to the desired level. The syringe is marked for ¼ tsp which is 1.25 mLs. 1/8 tsp is not marked on the syringe and it is equivalent to 0.625 mLs.
- Apply the prescribed amount of cream to the specified area and rub it in completely.
- The general rule with applying transdermal hormone creams is to apply the cream to areas where your skin is softer, there is not a lot of hair and there is good blood supply.
 - All creams should be applied to intact skin only. Do not apply to open wounds or sores.
 - Wash your hands following application.
 - Avoid eye contact.
- To clean the syringe, pull the plunger to remove it from the barrel. Then wash with mild soap and warm water.

Estrogens and Progesterone

- The ideal places to apply estrogens and progesterone are the neck, inner forearms, sides of the abdomen, or inner thighs.
- Avoid applying hormone creams to breast tissue as it is likely to cause sore tender breasts.
- Progesterone should be used at bedtime as it may cause drowsiness.

Testosterone

- The majority of the receptors for testosterone are in the groin area.
- Men should apply testosterone cream to the inner thighs, sides of the abdomen or to the scrotal area.
- Women should apply testosterone cream to the inner thighs, sides of the abdomen or the vaginal area.
- Testosterone cream should be used in the morning as it may increase energy levels and cause difficulty sleeping.

Expiration & Storage of Hormone Creams

- Most hormone creams will expire in 6 months from the date they were compounded. Creams can be made preservative-free, these creams must be refrigerated and expire in 30 days. Store at room temperature between 60 and 80 degrees F. Keep away from moisture and light as directed. Like all other medications, keep out of the reach of children.

This information is an educational service and does not address all possible uses, actions, precautions, interactions, or side effects of this medication. Consult your pharmacist or health care provider with a list of medications you are currently taking if you have any questions about adverse drug reactions.