Rocky Mountain
PHARMACY

Troche Information

Use as directed by your heath 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!

- Depending on the dose prescribed, you will use either one or ½ of a troche.
- Remove your troche from the tray by gently prying up a corner with your finger. If your dose is ½ troche; turn the troche over once it is removed from the mold and you will see that the troche is scored . Firmly grip each side of the troche and pull it apart into equal halves. You may also use a knife to cut the troche in half.
- We do not recommend doses of less than ½ troche as the splitting beyond this point is too inaccurate.
- Place the troche in the cheek pocket or under the tongue and allow the troche to dissolve slowly. It is very important that you do not swallow or chew the troche while it is dissolving. The goal is to have the hormone enter your system through your oral mucosa (skin) rather than being swallowed. It usually takes about 10-15 min for the troche to dissolve and 30 min for a dose to be fully absorbed.
- It is a good idea to brush your teeth about 30 minutes after taking your troche.

Estrogen

- Estrone, Estradiol & Estriol may be taken at any time of day, depending on your symptoms and your prescriber's instructions.

Progesterone

- Progesterone should be taken in the evening or at bedtime as it may cause drowsiness.

Testosterone

- Testosterone should be taken in the morning as it may increase energy levels and cause difficulty sleeping.

Troche Flavors

Strawberry	Bubble Gum	Raspberry	Lime	Cinnamon	Cran-Raspberry
Blueberry	Tangerine	Grape	Butterscotch	Vanilla	Pina Colada
Marshmallow	Cherry	Chocolate	Peach	Spearmint	Watermelon
Wintergreen	Lemon	Peppermint	Root Beer	Tequila Sunrise	
Tutti Frutti	Carmel	Apple	Orange	Peanut Butter	

Expiration & Storage of Troches

- Most troches will expire in 6 months from the date they were compounded. 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. **Protect from heat and moisture as troches can melt!**

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.

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