



Vaginal 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!

- The applicator is marked at ½, 1, 2, 3, and 4 gram increments. However, due to the fact that the cream used in our vaginal hormone creams is heavier than the applicators are calibrated for it is important to note that 1 gram of your cream will actually be measured most accurately by using only ¾ gram on this particular applicator.
- To measure out your dose you will be supplied with a vaginal applicator that can be attached to your tube by screwing the applicator on in a clockwise motion. For best results, gently remove excess air from the tube before attaching the applicator.
- Once the applicator is securely attached to the tube, gently squeeze the tube while simultaneously pulling back on the plunger of the applicator. Continue to pull plunger back to fill to the applicator to the desired level. Unscrew the applicator from the tube.
 - To apply the prescribed amount of cream, lie on your back and pull your knees up toward your chest. Gently insert the applicator into your vagina and press on the plunger to release the cream. Remove the applicator.
 - To clean the applicator, pull the plunger to remove it from the barrel. Then wash the applicator and the plunger with mild soap and warm water.

Estrogens

- Estriol & Estradiol vaginal creams are most effective when used at bedtime to ensure the best possible absorption.

Progesterone

- Progesterone should be used at bedtime as it may cause drowsiness.

Testosterone

- Testosterone creams should be used in the morning as it may increase energy levels and make it difficult to sleep.

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.