

Bio-Identical Hormone Replacement Therapy (BHRT) For Women Guidelines & General information

Guidelines for your dosage form

Topical Cream

- 1- Apply to "clean" dry skin.
 - This does not mean that you need to take a shower right before application, but rather that you make sure your skin is free of products that may block the absorption of your hormone cream (other creams, lotions, moisturizing body washes, powders & self-tanners)
 - Sunscreen may be applied over the hormone cream after 30 minutes.
- 2- Application sites. We recommend that you rotate applications sites. This means that every other day you should apply to a different area or alternate side of the body.
 - Progesterone
 - Inner forearm, upper chest/neck, or top of feet.
 - Estrogen (Bi-est) or Testosterone
 - Inner forearm or inner thigh.
- 3- Rub in well for 1 minute to ensure complete absorption (skin may become pink).
 - Avoid skin to skin contact (on the area of application) for 2 hours following application to avoid transfer of hormone to others.
 - Please wait 10 minutes before dressing and 2 hours before showering or swimming after application.
- 4- Wash hands thoroughly with warm soapy water for a minimum of 30 seconds after application to avoid hormone transfer to other surfaces or people. Gloves may be worn to apply if desired.
- 5- Be Consistent.
 - You can apply any time of the day if you are consistent and follow the guidelines listed above. Always follow your practitioners' instructions if they have a preferred time of application.

Refill Status:

- If you do not have any refills left or quantity remaining, we will be happy to fax a request to your doctor's office.
- Please be aware that most offices take approximately 1 week to respond, so you will want to pay attention to the quantity remaining on your prescription label.

How to request refills:

- Call (937) 761-2606
- info@impactcompounding.com
- Website: impactcompounding.com/refills
- Patient Engagement Portal – Coming soon!

Call in advance:

- Please allow 5 business days (not including weekends or holidays) to prepare your compound for pick up, or 7 business days for mail. If you would like your prescription mailed there is a \$6.00 mail fee.

* We offer a free, optional Auto-reorder program that can automatically fill your prescription for you every 30, 60 or 90 days. To enroll please email kalbers@impactcompounding.com

Payment:

- Due to your compounded prescription being customized specifically for you, we must have payment before making.

“When will I feel better?”

The time it takes to feel better is different for everyone. You may notice that you feel better slowly but surely or have dramatic relief in the first 6 weeks. Be patient with your body as the experts do say it can take 3 to 4 months for your therapy to level out. Some patients will feel better and then “go backward”. This may last only 5-7 days. If it continues, you may need an adjustment before your next refill. Please contact us to discuss symptoms if this happens so we can have a plan in place or to contact your provider to request changes.

Follow-ups

After starting your therapy, we encourage you to reach out with any questions or concerns. We will be following up with you at different intervals of your therapy to be sure you are seeing results and doing well. Because this is a custom-made medication, adjustments can be made along the way depending on your specific symptoms and or lab results. The pharmacist will be happy to advise your provider on your symptoms and progress and recommend changes if needed.

Other Compounding Services We Provide:

- Bioidentical Hormone Replacement Therapy
- Dentistry
- Dermatology
- ENT
- Low Dose Naltrexone
- Pain Management
- Palliative Care/Hospice
- Pediatric
- Podiatry
- Veterinary
- & More!

Supplement Review

Schedule a consultation with our pharmacist to review your supplements and give you their suggestions on which ones would be the most beneficial to you! \$35.00*

*Consultation fee does not include the cost of recommended supplements.

Pain Management Consultations

Our pharmacist can work with your healthcare provider on prescription treatment options tailored specifically for your pain management needs. \$45.00*Consultation fee does not include the cost of prescriptions your prescriber sends. *There is no consultation fee with a prescriber referral.*