

# Bio-Identical Hormone Replacement Therapy

## (BHRT) For Women

### Guidelines & General information

#### Guidelines for your dosage form

##### **Vaginal Application**

*Localized vaginal application is often used to treat vaginal dryness, help with sexual arousal and vaginal atrophy (muscle breakdown resulting in pain, burning, inflammation, & increased urinary urgency).*

- If using a syringe or Unodose applicator: Measure amount indicated on your prescription label onto your finger. Gently insert fingertip just inside vaginal canal, approximately ½"-1" depth. Gently apply cream to vaginal wall in a swiping motion and rub into vaginal tissue.
- If using Topiclick Perl Application Device: Measure amount into application syringe as indicated on your prescription label.
- Vaginal cream is best to be used when you are least likely to be intimate within the next 10 hours.
- Avoid sexual intercourse for 10 hours after application to prevent transferring hormone to your partner.
- You may insert morning or evening, just be consistent.
- Always follow your prescriber's instructions for application when indicated.
- You do not need to be concerned if you notice leakage when wiping with tissue paper or during urination. The vaginal wall acts like a 'sponge' & will absorb the hormone within the cream.

##### 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](mailto:info@impactcompounding.com)
- Website: [impactcompounding.com/refills](http://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](mailto: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.*