

# How To Write A Compounded Hormone Prescription

## Considerations for a Compounded Hormone Prescription

Combinations of hormones are often prescribed and many time there are terms that are commonly used in compounding that are not official terms.

It is important to be clear about:

1. The ratio of the hormones that are being used
2. The strength of the individual hormones that are being combined

### Common Terms Used on Hormone Prescriptions

#### Bi-Est

- A mixture of two estrogens:



#### Tri-Est

- A mixture of three estrogens:



Both Bi-Est and Tri-Est can vary in ratios and concentrations.



Hormones delivered topically can be prescribed to deliver the specific amounts in various volumes depending on the patients' needs or prescribers' preferences.

- Example: Bi-Est 50/50— 1 mg may be compounded in volumes such as 0.25 mL, 0.5 mL, or 1 mL

Prescriptions should be written to specifically state the dose per volume.

- Example: Bi-Est 50/50— 1 mg/0.5 mL

Hormones can also be compounded into various dosage forms, such as:	
Lotions/gels	
Sustained-release capsules	
Sublingual drops	
Troches	
Vaginal suppositories	

Our pharmacists will be happy to discuss formulations and answer any questions.

## Some Examples of Compounded HRT Prescriptions

RX \_\_\_\_\_  
\_\_\_\_\_

### Compounded Medication\*

A compounded prescription should contain the following 4 basic components:

1. Generic Name of Active Ingredients(s) / Strength or Dose (i.e., mg or %)
2. Dosage Form (i.e., Suppository, Transdermal Gel, Troche)
3. Quantity
4. Directions for Use

\*Prescription should begin with the phrase "Compounded Medication"

#### Example for Cream or Gel

*Example 1:* Bi-Est 50/50 0.5 mg/mL  
Topical Cream (or Gel) (VersaBase®)

Apply \_\_\_ mL \_\_\_ times/day\*

Dispense: \_\_\_ mL

Refills:

*Example 2:* Tri-Est 80/10/10 0.625 mg/mL/  
Progesterone 25 mg/mL Topical Cream (or Gel) (VersaBase®)

Apply \_\_\_ mL \_\_\_ times/day\*

Dispense: \_\_\_ mL

Refills:

\* For cycling women, specify days of the month of use

#### Example Troches/Vaginal Suppositories/Capsules:

*Example 1:* Bi-Est 50/50 0.5 mg/Progesterone 25 mg  
Troche (or SR Capsules)

Use (or Take) \_\_\_ Troche (or Capsules) \_\_\_ times/day\*  
(or Vaginal Suppositories or Capsules)

Dispense: \_\_\_ Troches (or Capsules)

Refills:

*Example 2:* Estriol 1 mg/gm Vaginal Cream (VersaBase®)

Insert \_\_\_ gm intra-vaginally \_\_\_ (frequency)

Dispense: \_\_\_ gm

Refills:

\* For cycling women, specify days of the month of use

#### Example Sublingual Drop:

Bi-Est 80/20 1.25 mg/mL Sublingual Drop

Use \_\_\_ drops (or mL) under the  
tongue \_\_\_ times/day\*

Dispense: \_\_\_ mL

Refills:

\* For cycling women, specify days of the month of use