

Compounded Hormone Order Form

These are our most commonly prescribed options, we can always work with providers and patients to personalize Hormone Replacement Therapy. Please check to order, we will fill with standard directions written in italics unless directed otherwise.

Patient Name:
DOB:
Phone:

Topical Medications

Vaginal Atrophy (Pain, Dryness, UTI, Incontinence)

- Estriol 0.6% Vaginal Cream**
-Apply/Insert 1/2 gram QHS for two weeks, then 1/4-1/2 gram 2-3 nights per week as needed

HRT Combination Starting Doses (Creams)

- Bi-Est 0.25mg/Prog 25mg**
 Bi-Est 0.25mg (50/50)/Prog 25mg
 Add Testosterone 0.5mg
 Add Testosterone 1mg
-Apply 1/2 gram twice daily, or 1 gram once daily

Progesterone Cream

- 5%**
 10%
 20%
-Apply 1/2 gram 1-2 times daily

Testosterone Cream (Female)

- 0.2%**
 1%
 2%
-Apply 1/2 gram once daily

Testosterone Topical (Male)

- 5%** **Gel**
 10%
 15% **Lipoderm**
 20%
-Apply 1 gram once daily

Oral Capsules

Progesterone Capsules

- 25 mg
 50 mg *-Take 1 PO QHS*
 100 mg

Pregnenolone Capsules

- 100 mg *- Take 1 PO QD*
 100 mg SR

DHEA SR Capsules

- 5 mg
 10 mg *-Take 1 PO QAM*
 50 mg
 75 mg

Progesterone Troche

- 50 mg *-Dissolve 1 in buccal cavity QD*
 100 mg

HRT Combination Drops (Topical)

- E2P4 Drops** (Estradiol 5mg/Prog 200mg per 10mL)
-Apply 1-4 drops topically to wrist daily as needed

Non-Hormonal Libido Enhancer Scream Cream

(Sildenafil 2%/ AminophyllineE3%/ Arginine6%)
*-Apply 1/4 gram to clitoris and external vaginal area
30 minutes prior to sexual activity*

Alternate Directions:
Signature: _____
Date: _____ Number of Refills: _____