



**UNIVERSAL ARTS**  
**COMPOUNDING PHARMACY**  
Specialty & Sterile Medications • Clinical Trials

# HRTICKER™

## Patient Instructions



Remove the safety cap by placing your thumb under the thumb tab and pushing upward.



### PRIMING THE UNIT

If you begin to turn the applicator and the cream does not come out, it may be an indication that you need to prime the device. **Priming:** turn the applicator base clockwise until the cream begins to dispense out. (It may take several turns.) After the cream comes out, use a tissue to wipe off the cream. Your device is now primed and ready to use!



Always follow your doctor or pharmacist's instructions on how to apply the medication. If desired, apply the cream directly with the HRTicker by rubbing the dispenser cap against the area of skin as shown.



Prevent evaporation of the next dose by snapping on the safety cap completely. (TIPS: Some of the water that makes the bulk of the cream may evaporate without the lid.)



When the top part of the plunger reaches the extruded word "REFILL" (as shown above), it is time to refill your medication. There are approximately 6-7 grams remaining.



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## HRTicker Conversion Table

5 Actuations = 0.25 gram	4 Actuations = 0.2 gram
10 Actuations = 0.5 gram	8 Actuations = 0.4 gram
15 Actuations = 0.75 gram <small>or 3/4 turn</small>	12 Actuations = 0.6 gram
20 Actuations = 1 gram <small>or 1 complete turn</small>	16 Actuations = 0.8 gram

## Hormone Legend

E2 = Estradiol  
E3 = Estriol  
Biest = Estradiol & Estriol  
P = Progesterone  
T = Testosterone

## Messy Messy Messy

Changes in pressure during flying or traveling may cause the medication to spill out of the container. We always recommend placing the applicator in a zip lock bag to minimize air getting into the applicator. You may also want to wrap the top of the applicator with plastic wrap during traveling.

## Important Tips

Remember to rub cream /gel in thoroughly. (Do not shower or exercise within 4 hours after application for proper absorption.)

**\*\*Store your medication away from direct sunlight or excessive moisture.\*\***

The HRTicker is a one-time use dispensing applicator and is not refillable. Reusing/refilling it will give you inaccurate doses.