



# 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%**
  - 10%**
  - 15%**
  - 20%**
- Gel**
- Lipoderm**
- 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*

<b>Alternate Directions:</b>
<b>Signature:</b>
<b>Date:</b> _____ <b>Number of Refills:</b> _____