

**COMMONLY  
PRESCRIBED  
FORMULATIONS**



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FORMULATIONS FOR THE CONDITIONS  
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MAKES NO CLAIMS AS TO THEIR SAFETY  
AND EFFECTIVENESS.**



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**NuCara**  
PHARMACY  
Compounding



## 1. Acid Reflux

- a. Omeprazole 2mg/ml Suspension  
Wt. based dosing per indication  
**SIG:** 1.25-10 ml daily

## 2. Acne

- a. Alpha-Lipoic Acid/Clindamycin Lotion  
60 gm  
**SIG:** Apply pea-sized amount or less  
topically to affected area(s) U.D. QHS
- b. Niacinamide 4%/Clindamycin 1%/  
Tretinoin 0.025% Gel  
30 gm  
**SIG:** Apply pea-sized amount or less  
topically to affected area(s) U.D. QHS

## 3. Acne Rosacea

- a. Metronidazole 1-2%/Niacinamide 4% Gel  
30-60 gm  
**SIG:** Apply twice daily.
- b. Niacinamide 5%/Ketotifen 0.05% Gel  
30-60 gm  
**SIG:** Apply twice daily.
- c. Oxymetazoline 1%/Ketotifen 0.05% Gel  
30-60 gm  
**SIG:** Apply twice daily.

## 4. Acute Agitation

*(management of behavioral disturbances associated with senile dementia and/or schizophrenia)*

- a. Quetiapine Transdermal Gel  
25mg-100mg
- b. Ziprasidone Transdermal Gel  
10mg/0.1ml  
**SIG:** Apply 0.4ml to inner wrist daily.

## 5. Age Spots/Bleaching/Discoloring

- a. Hydroquinone 6% or 8%
- b. Hydroquinone 4%/Ascorbic Acid 10%/Kojic Acid 4%
- c. Hydroquinone (6% or 8%)/Tretinoin Cream (0.025%, 0.05%, or 0.1%)  
30gm  
**SIG:** Apply topically a pea-sized amount or less to the affected area at bedtime U.D.
- d. Hydrocortisone 0.5%/  
Hydroquinone 6%/Kojic Acid 4%/Tretinoin 0.025%/Fluocinolone 0.01%
- e. Other combinations available upon request.

## 6. Alopecia

- a. Minoxidil 8% Suspension  
30-60 ml  
**SIG:** Apply small amount topically to affected area(s) daily U.D.
- b. Minoxidil 5%/Finasteride 0.1% Suspension  
OR Topical Gel  
30-60 ml  
**SIG:** Apply small amount topically to affected area(s) daily U.D.
- c. Squaric Acid 0.01%-0.1% Solution  
15-30 ml  
**SIG:** Apply small amount topically to affected area(s) once weekly or U.D.
- d. Diphenylcyclopropenone (DPCP)  
0.01%-1% Solution  
15-30 ml  
**SIG:** Apply small amount topically to affected area(s) once weekly or U.D.  
Cover area of treatment for at least 6-24 hrs prior to washing off.

## 7. Anal Fissures

- a. Diltiazem Ointment/Gel 2%  
30gm

**SIG:** Apply topically to the affected area twice daily (can add lidocaine 3%).

- b. Nifedipine 0.2%-0.4% Ointment/Gel  
30gm

**SIG:** Apply topically to the affected area twice daily (can add lidocaine 3% OR hydrocortisone 5%).

## 8. Anxiety

- a. Lorazepam Transdermal Gel  
0.25mg – 1mg/0.1ml

**SIG:** Apply 0.4ml to inner wrist up to 6 times daily as needed.

## 9. Aphthous Ulcer

- a. Misoprostol Oral Paste 10mcg/0.15gm  
5gm

**SIG:** Apply to ulcer x 4 times daily (not for pregnant patients).

- b. Misoprostol Powder Puff 0.1%  
5gm

**SIG:** Puff on ulcer x 4 times daily (not for pregnant or asthmatic patients).

- c. Triamcinolone Mouth Rinse  
0.1% or 0.2% Suspension

**SIG:** Rinse with 5ml for 30-60 seconds up to x 4 times daily as needed after meals and before bedtime. Spit out excess.

## 10. Arthritis Joint (fingers, hands, wrist, elbow)

- a. Ketoprofen Topical 10%  
60gm – 240gm  
**SIG:** Topically apply to the affected area x 3-4 times daily.

# B

## 1. Bio-Identical Hormone Replacement Theory

- a. Any combination of Estriol, Estradiol, Progesterone, DHEA, and Testosterone  
\*\*Choose from the following dosage forms.  
\*\*Call the pharmacy for guidance.  
Capsules, Troches, Creams, Quick Dissolve Tablet (not available at all locations), Suppository
- b. Estriol 0.05mg/ml (0.005%) Mucoadhesive Gel  
**Recommended SIG:** Insert intravaginally or apply to labia 1ml daily x 21 days, then 2 times weekly thereafter. May apply topically prior to intercourse as needed.
- c. Estriol 0.5mg/ml (0.05%) Vaginal Cream  
**Recommended SIG:** Insert 1ml intravaginally daily x 14 days, then 2 times weekly thereafter.
- d. Estriol 2mg Vaginal Suppository  
**Recommended SIG:** Insert 1 suppository vaginally x 14 days, then insert 1 twice weekly thereafter.
- e. Progesterone 50mg – 300mg Suppository  
**SIG:** Insert one suppository vaginally once or twice daily.



## 1. Candida Vulvovaginitis

- a. Nystatin 100,000 Unit Suppositories  
**SIG:** Insert 1 suppository intravaginally x 2 times daily OR  
**SIG:** Insert 1 suppository intravaginally x 3 times per week as directed.

## 2. Chronic Ear Infection Prevention

- a. A/B Otic 5.4%/1.4% Solution  
15-45 ml  
**SIG:** 2-3 gtts into affected ear(s) Q1-2hrs or U.D.
- b. Boric Acid 4% Solution  
15-30 ml  
**SIG:** 1 ml into affected ear(s) BID U.D until directed to stop.
- c. Dexamethasone 4mg/ml Suspension  
**SIG:** 3 gtts into affected ear(s) TID x 30 days or U.D.



### 3. Chronic Sinus Infection

- a. Dexamethasone 0.1%/Itraconazole 100mg/Gentamicin 80mg per 30 ml of normal saline nasal spray  
**SIG:** Instill 1-2 sprays into each nostril BID x 30 days or U.D.
- b. Itraconazole Nasal Capsule 50 mg  
**SIG:** Mix as directed then irrigate as directed.
- c. NasoNeb Sinus Therapy System or NeilMed Sinus Rinse  
(Waterloo & Pleasant Hill only)  
Irrigation therapies containing antibiotics, antifungals, and/or corticosteroids – see script pad or contact pharmacy for details.  
**SIG:** Irrigate twice daily.



# D

## 1. Decrease Healing Time Following Nail Removal

- a. Misoprostol Puffer

5gm

**SIG:** Puff on topically to affected area(s) twice daily U.D. Caution to not inhale.

## 2. Decubitus Ulcers

- a. Misoprostol Powder Puffer OR  
Misoprostol/Phenytoin Powder

5gm

**SIG:** Apply topically on ulcer twice daily as directed. Caution to not inhale.

## 3. Diaper Rash

- a. Cholestyramine 10% in Aquaphor

120 gm

**SIG:** Apply topically to the affected area with every diaper change.

- b. Pittsburgh Paste (with Nystatin 100,000 IU/gm, if desired)

Contains zinc oxide and Domeboro astringent powder.

120 gm

**SIG:** Apply topically to the affected area with every diaper change.

- c. PLH Ointment 120gm or 240gm  
(Waterloo/Pleasant Hill/Ames only)

**SIG:** Apply to sores BID or TID.



## 1. Ear Pain and Ear Infection

### a. ACHS Capsules

Amphotericin B 5mg, Chloramphenicol 50mg, Hydrocortisone 1mg, Sulfacetamide 50mg

### b. ACH Capsules

Amphotericin B 5mg, Chloramphenicol 50mg, Hydrocortisone 1mg

### c. ACS Capsules (CSF)

Amphotericin B 5mg, Chloramphenicol 50mg, Sulfacetamide 50mg

## 2. Eosinophilic Esophagitis (EOE)

### a. Budesonide Oral Viscous Suspension

2mg/5ml – 2mg daily for older children and adults

1mg/5ml – 1mg daily for children under the age of 10 years

**SIG:** Take 5ml by mouth slowly, over 5 to 10 minutes, and nothing by mouth for 30 minutes.

### 3. Erectile Dysfunction

- a. Apomorphine Troche (use with anti-emetic)  
3mg  
**SIG:** Use as directed.
- b. BIMIX Injection  
(Waterloo/Coralville/Austin, TX only)  
Papaverine & Phentolamine  
Various Concentrations  
5ml  
**SIG:** Use as directed.
- c. Sildenafil Rapid Dissolve Tablet or Troche  
(Waterloo/Coralville/Austin, TX only)  
20mg  
**SIG:** Dissolve 1-2 tablets under tongue 30 minutes prior to intercourse was needed.
- d. Tadalafil 10mg/Sildenafil 25mg Troche  
**SIG:** Use 1 troche orally 20-30 minutes before activity as needed.
- e. Tadalafil 5mg Troche  
**SIG:** Use 1 troche orally 20-30 minutes before activity as needed.
- f. Tadalafil 20mg Troche  
**SIG:** Use 1 troche orally 20-30 minutes before activity as needed.
- g. TriMix Injection  
(Waterloo/Coralville/Austin, TX only) -  
Papaverine, Phentolamine & Alprostadil of  
various concentrations  
5ml  
**SIG:** Use as directed.
- h. QuadMix Injection  
(Waterloo/Coralville/Austin, TX only) -  
Phentolamine, Papaverine, Alprostadil &  
Atropine  
Various Concentrations  
5ml  
**SIG:** Use as directed.

# F

## 1. Fibromyalgia

a. Low Dose Naltrexone (drops/suspension/capsules)

1. 1.5mg Capsule – Titration dosing

**SIG:** Take 1 capsule by mouth daily at bedtime for 7 days then take 2 capsules by mouth daily for 7 days, take 3 capsules daily for 7 days.

2. 4.5mg Capsule – Maintenance dose if tolerated

**SIG:** Take 1 capsule by mouth daily at bedtime.

## 2. Fissures Between Toes (Diabetic)

a. Misoprostol Ointment

15gm

**SIG:** Apply to affected area x 2 times daily.

# H

## 1. Hemorrhoids

a. Rectal Rockets (hydrocortisone 1%/lidocaine 2%) Suppository

Dispense #3 or #6

**SIG:** Wet suppository slightly with water. Insert suppository rectally up to the flange at bedtime.

# L

## 1. Low Dose Naltrexone (drops/suspension/capsules)

- a. Low Dose Naltrexone (drops/suspension/capsules)
  1. 1.5mg Capsule – Titration dosing  
**SIG:** Take 1 capsule by mouth daily at bedtime for 7 days then take 2 capsules by mouth daily for 7 days, take 3 capsules daily for 7 days.
  2. 4.5mg Capsule – Maintenance dose if tolerated  
**SIG:** Take 1 capsule by mouth daily at bedtime.

## 2. Lower Back, Epicondylitis, and Plantar Fasciitis Pain –

### (Call pharmacy for prescribing assistance)

- a. Combination transdermal creams or gels for localized pain related to neuropathy or inflammation
- b. Inflammatory treatment—Ketoprofen, Diclofenac
- c. Neuropathic treatment—Amitriptyline, Ketamine, Gabapentin
- d. Topical Anesthetic—Lidocaine, Prilocaine 60gm—240gm  
**SIG:** Topically apply to the affected area every 8 to 12 hours.



## 1. Maceration of Skin Prevention & Protectant

- a. Pittsburgh Paste (with Nystatin 100,000 IU/gm, if desired)

Contains zinc oxide and Domeboro astringent powder  
120gm

**SIG:** Apply to inguinal and buttocks area when changing undergarments.

- b. PLH Ointment (zinc oxide, bupivaccaine, calamine powder)

## 2. Mastitis

- a. All Purpose Nipple Ointment

(betamethasone 0.05%,  
miconazole 2%, mupirocin 1% (can add  
ibuprofen 2%, if desired)  
30gm

**SIG:** Topically apply to the affected area 3-4 times daily or after feedings as directed.

## 3. Meniere's Disease (disease states involving impaired blood flow to the ear)

- a. Betahistine Capsules

Available in 8mg, 16mg, and 24mg strengths

**SIG:** Take 1 capsule by mouth 2-3 times daily.

- b. Sildenafil Otic Drops 0.2%  
25ml

**SIG:** Instill into ears U.D.



#### 4. Mucositis Oral

- a. Diphenhydramine/Hydrocortisone/  
Tetracycline/Nystatin Mouth Rinse  
**SIG:** Swish 15ml and swallow or spit x 4  
times daily.
- b. Diphenhydramine 12.5mg/5ml/  
Lidocaine 2%/Nystatin  
100,000 U/ml OR Maalox in equal parts  
mouth rinse.  
**SIG:** Swish 15ml and swallow or spit x 4  
times daily.
- c. Misoprostol Powder Puffer  
5gm  
**SIG:** Puff on ulcer x 4 times daily.
- d. Misoprostol Troche  
**SIG:** Suck on troche 3-4 times daily
- e. Oncology Swish (Lidocaine 30ml/Nystatin  
180ml/Saline 30ml)  
240ml  
**SIG:** Rinse with 5ml QID. Swish and spit.

#### 5. Muscle Inflammation, Myofascial Pain, Osteoarthritis, Tendonitis & Trigger Points of Fibromyalgia

- a. Keto Triple Gel (carbamazepine 2%,  
cyclobenzaprine 0.22%, ketoprofen 10%)  
30gm – 120gm  
**SIG:** Topically apply a thin film to the  
affected area x 3 times daily.



## 1. Nausea

- a. Promethazine Transdermal Gel  
25mg/ml  
**SIG:** Apply 1ml every 4-6 hours PRN for nausea.
- b. ABH Transdermal Gel  
Lorazepam 1mg/Diphenhydramine  
12.5mg/Haloperidol 2mg/ml



## 1. Onychomycosis

- a. Nail Formula EFT (econazole 1%,  
flurbiprofen 2%, terbinafine 1.67% topical  
suspension)  
15ml  
**SIG:** Shake well and brush onto the  
affected nail x 2 times daily as directed.

## 2. Oral Lichen Planus

- a. Dexamethasone Mucoadhesive Rinse  
**SIG:** 0.5mg/5ml Oral Rinse

## 3. Otitis Externa

- a. ACHS Capsules  
Amphotericin B 5mg, Chloramphenicol  
50mg, Hydrocortisone 1mg,  
Sulfacetamide 50mg
- b. AHS Capsules  
Amphotericin B 5mg, Chloramphenicol  
50mg, Hydrocortisone 1mg
- c. ACS Capsules (CSF)  
Amphotericin B 5mg, Chloramphenicol  
50mg, Sulfacetamide 50mg





# P

## 1. Pelvic Floor Myofascial Pain

- a. Baclofen Vaginal Suppository—available in 4mg, 5mg, and 10mg strengths
- b. Diazepam Vaginal Suppository—available in 2mg and 5mg strengths

## 2. Peripheral Neuropathies

- a. (ABK) Amitriptyline 2%, Baclofen 2%, Ketamine 5% Gel or Cream  
**SIG:** Topically apply to the affected area 3-4 times daily.
- b. (AGK) Amitriptyline 2%, Gabapentin 5%, Ketamine 5% Gel or Cream  
**SIG:** Apply topically to the affected area 3-4 times daily.
- c. Ketamine Topical 1% - 10% Gel or Cream  
30 - 240 gm  
**SIG:** Apply topically to the affected area 3-4 times daily.

## 3. Pharyngitis or Thrush Pain – Post Tonsillectomy Pain

- a. Lidocaine 2% Popsicles  
**SIG:** Use 1 popsicle every 3 hours as needed.
- b. Tetracaine 0.5% Lollipop  
**SIG:** Allow patient to suck on lollipop for 15-20 seconds, then remove from the mouth. (This will anesthetize the oral and esophageal mucosa but will not block the gag reflex.)
- c. Tetracaine 0.025% Popsicle  
**SIG:** Use 1 popsicle every 2-3 hours as needed.

#### 4. Plantar Fasciitis Pain

- a. See peripheral neuropathies & muscle inflammation.

#### 5. Plantar Warts and Common Warts, Molluscum Contagiosum Genital Warts, Seborrheic Keratosis, Skin Tags

- a. Cantharidin 1% or Cantharidin Plus (cantharidin 1%, salicylic acid 30%, podophyllum resin 2%) Solution  
2ml

**SIG:** For office treatment only

1. Patient specific prescription required.
2. Delivered to clinic for office treatment.

- b. Squaric Acid 1%-2% Topical Solution  
10-30 ml

**SIG:** Apply small amount directly on affected area(s) using applicator/Q-tip QHS x 3 nights weekly & increase U.D. as tolerated up to 5 nights weekly until resolved.

- c. DPCP (Diphenylcyclopropenone 0.1% + Salicylic Acid 15%) Topical Ointment  
5-10 ml

**SIG:** Apply small amount directly on affected area(s) using applicator/Q-tip QHS x 3 nights weekly & increase U.D. as tolerated up to 5 nights weekly until resolved.

- d. WartPEEL 5-FU, Salicylic Acid in Remedium delivery system  
5gm

**SIG:** Use nightly as directed on instruction sheet.

## 6. Poison Ivy Prevention

- a. Rhus Tox Oral Solution

Available over the counter and at [outdoorjoes.com](http://outdoorjoes.com).

**SIG:** Three droppers full 1 time per week for 3 weeks, then 1 time per month thereafter. Hold solution in mouth for 30 seconds then swallow.

## 7. Post Herpetic Neuralgia

- a. Call pharmacy for dosing.

## 8. Post-Surgery Pain

- a. See peripheral neuropathies & muscle inflammation.

## 9. Post-Surgery and Plantar Fasciitis Pain

- a. See peripheral neuropathies & muscle inflammation.

## 10. Preterm Labor

- a. Progesterone Micronized 50mg Suppositories

**SIG:** Insert 1 suppository vaginally twice daily (every 12 hours).

- b. Progesterone Micronized 200mg Suppositories

**SIG:** Insert 1 suppository vaginally nightly at bedtime.

- c. Progesterone 200 mg -300mg Suppositories  
(Creighton Fertility Model)



## 1. QDots (Quick Dissolve Oral Tablets)

(Waterloo only)

**SIG:** Dissolves in the mouth in about 20 minutes

**SIG:** Variety of medications and strengths including Prednisolone and Dexamethasone



## 1. Scar Treatment

Ask for available options.

## 2. Skin Itching, Flaking, or Inflammation

a. Naltrexone 1% Cream

30gm

**SIG:** Apply BID.

b. Zinc/Clobetasol 0.2%/0.05% Spray

4 oz

**SIG:** Spray affected area BID.

# T

## 1. Tendonitis, Muscle Inflammation, Osteoarthritis or Sports Injury

- a. Cyclobenzaprine 0.5%, Ketamine 6%, Ketoprofen 10% Transdermal  
30 – 240 gm

**SIG:** Apply 1-2gm to affected area 3-4 times daily x 2 weeks then taper too twice daily thereafter.

## 2. TMJ

- a. Triple Gel (carbamazepine 2%, cyclobenzaprine 0.22%, ketoprofen 10%)  
30 – 120 gm

**SIG:** Topically apply a thin film to the affected area x 3 times daily.



## 1. Bacterial Vaginosis

- a. Metronidazole 125mg/gm + Nystatin  
25,000 unit/gm Cream  
15-30 gm

**SIG:** Apply 1 gm PV QHS x 5-7 days or U.D.

- b. Metronidazole 500mg Suppositories

**SIG:** Insert 1 suppository vaginally 2 times daily 2-3 times per week.

## 2. Vulvodynia

- a. Amitriptyline 2%/Baclofen 2% Ointment

**SIG:** Apply to the vulvar area 2-3 times daily.

- b. Amitriptyline 2%/Gabapentin 6% Vaginal Cream

**SIG:** Apply to the vulvar area 2-3 times daily.

- c. Gabapentin 5%/Lidocaine 5% Ointment or Cream

**SIG:** Apply to the vulvar area 2-3 times daily.

- d. Gabapentin/Lidocaine 3/5% Ointment  
30gm or 60mg

**SIG:** Apply a pea-sized amount to affected area(s) 3 times daily as directed.

- e. Gabapentin 6% Cream  
30gm or 60gm

**SIG:** Apply a pea-sized amount to affected area(s) 3 times daily as directed.

- f. Naltrexone 1% Cream

**SIG:** Apply to the vulvar area 2-3 times daily.



### 3. Vulvovaginitis Infection

- a. Boric Acid 600mg Suppositories

**SIG:** Insert 1 suppository vaginally nightly at bedtime for 14 days or as directed by the prescriber.

- b. Nystatin 100,000 Unit Suppositories

**SIG:** Insert 1 suppository vaginally nightly at bedtime.



### 1. Warts

- a. WartPEEL 5-FU, Salicylic Acid in Remedium delivery system

5gm

**SIG:** Use nightly as directed on instruction sheet.

### 2. Women's Sexual Health

- a. Sildenafil 2%/Nifedipine 0.2% Cream  
15-30 gm

**SIG:** Apply small amount to clitoris 20-30 minutes prior to sexual activity or U.D.

- b. Oxytocin 400 units/gm Vaginal Cream  
30 gm

**SIG:** Apply 0.5-1 gm intravaginally using applicator U.D.