

Starting Bio-Identical or Human-Identical Hormone Replacement Therapy

1. We recommend having a complete lab panel to include the following hormones:
 - a. Fractionated Estrogens (Estradiol, Estrone)
 - b. Progesterone
 - c. Testosterone (free and total)
 - d. DHEA
 - e. Morning Cortisol (*fasting*)
 - f. TSH
 - g. Free and total T4
 - h. Free and total T3
 - i. 25-Hydroxyvitamin D
2. **Have patient make an appointment with one of our pharmacists by calling 509-343-6252. The appointment will need to be set up for a time after we receive the test results. No recommendations for prescriptions will be made without this appointment. Charges and billing procedures will be explained at the time the appointment is made. We do make telephone appointments for those who can not get to Spokane.**
3. Patient will need to fill out a health history, medication history, and general questionnaire which, to save time, can be mailed out or faxed and completed before the appointment **OR** can be done at the time of the appointment.
4. After the pharmacist completes the consultation with the patient, a suggested recommendation for hormone therapy, if appropriate, will be faxed to the practitioner for review and approval.
5. All prescriptions will be run through the patients insurance, and **ONLY** the co-pay will be charged to the patient. There will be no additional compounding fee added to the co-pay.
6. Patient will be notified when the prescription is ready and the patient may either pick the prescription up at the pharmacy or we will mail the prescription to the patient via U.S.P.S. with a minimal shipping charge.
7. Refills may be mailed out to the patient either at their request or after signing up for our automatic refill program.
8. We recommend that patients call back in 3 weeks to review and follow up to ensure therapy is optimal and all symptoms are being resolved.
9. Patient should be monitored on an annual or bi-annual basis with lab values so that therapy is optimal and physiologic.

Riverpoint Pharmacy
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