



True Compounding Pharmacy
634 C Pine Ridge Dr, West Columbia, SC 29172
Phone: 803-888-2990
Hours: Mon–Fri: 9 a.m.–5 p.m. | Sat–Sun: Closed

What Are Compounded Hormone Troches?

Compounded hormone troches are custom-made medications that deliver bio-identical hormones such as estrogen, progesterone, testosterone, or DHEA through the oral mucosa lining (gum and cheek). This method of administration increases absorption of the active ingredients, making sure you receive the most accurate dose of medication. Troches come in two forms, either gelatin based or PEG based. They are personalized based on your individual hormone levels and symptoms. They may be commonly used for:

- Menopausal symptom relief (e.g., hot flashes, night sweats, trouble sleeping)
- PMS and irregular menstrual cycles
- Low libido or sexual dysfunction
- Fatigue or mood swings
- Hormonal imbalances (e.g., estrogen dominance, low testosterone)

How to Use Your Hormone Troches

1. Wash hands **before** and **after** handling your troche.
2. Perform your usual oral hygiene before inserting your troche.
3. Remove troches from the cardboard sleeve by sliding the insert to the left or right.
4. Open the hinged plastic troche package, push up on the bottom of the troche square you wish to remove, or use the point of a knife blade to slide beside the troche and lift out from the top.
5. Place the troche between the cheek and gum. Use your finger to push the troche as far down between the cheek and gum as it will go.
 - You may use the upper or lower gums.
 - You may rotate sites in the mouth to increase dissolution.
 - If your prescription calls for $\frac{1}{4}$ or $\frac{1}{2}$ troche as your dose, use a sharp knife to cut the troche using the scored lines.
6. After inserting the troche, place your finger over the exterior cheek where the troche is located and gently press down. This will allow the troche to adhere to the oral membranes and stay in place as it dissolves.
7. The troche usually takes about 15 to 30 minutes to completely dissolve. Do not eat or drink while the troche is in place.

Properly Storing Your Hormone Troches

- Store in original container.
- Store at room temperature in a cool, dry place.
- Protect from excessive light and heat.
- For Gelatin-based Troches – store in refrigerator.

Use exactly as prescribed – do not adjust your dose without consulting your provider.

Common Side Effects

Some patients may experience:

- Mild mucosal irritation
- Breast tenderness
- Mood swings
- Headaches
- Fatigue
- Acne or oily skin
- Changes to menstrual cycle
- Contact your provider or our pharmacy if side effects persist or worsen.

Safety Tips

- **Hormones can be transferred to other people, children or pets by touch- make sure to store hormone troches in a safe location and wash hands after handling.**
- Keep out of reach of children and pets.
- Store at room temperature, away from heat or sunlight.
- Do not share your troches with others.
- Do not use it if pregnant or breastfeeding, unless under the supervision of a physician.
- Talk to your doctor before starting/stopping any new medications, including supplements or over-the-counter medication.