Patient Information Sheet - Estrogens (Estriol, Estradiol, Estrone)

This medicine was compounded specifically for you in a pharmacy in order to fill the prescription your doctor wrote for you. It was specifically made to meet your individual needs. For this reason, no standardized information or literature is available with your prescription. If you have not done so, please discuss this medicine with your doctor to ensure that you understand (1) why a compounded medication has been prescribed, (2) how to properly take this medication, and (3) the interactions, if any, this medicine may have with any other medicines you are taking.

Compounding is a long-standing pharmacy practice that allows doctors to treat their patients' individual needs without being restricted only to off-the-shelf medicines or devices. This medicine was prepared in a compounding pharmacy to meet the specifications ordered by your doctor.

Call your doctor if you experience any side effects, if you are taking additional medicines that may interact with this compounded medicine, or if you have allergies or other medical conditions that should be noted. Call our pharmacists if information on the label is not clear to you or you have any concerns regarding precautions, ingredients, or proper storage. Our pharmacists are available to address any additional questions or concerns.

Medication: This compounded prescription contains one or a combination of the following natural estrogens: **estriol, estradiol,** and **estrone**. These are natural, plant-derived (yam or soy) hormones that are identical to the hormones which are produced in significant quantities in the human body, primarily by the ovaries. Many formulations contain either the combination of 80% estriol, 10% estradiol, and 10% estrone or the combination of 80% estriol and 20% estradiol. These ratios closely mimic the makeup of human estrogen, however, many other combinations and strengths may be prescribed as determined by your physician.

Use: Natural estrogens are primarily used for replacement therapy in menopausal women for the treatment of symptoms of low estrogen levels, which may include hot flashes, night sweats, irregular periods, mood swings, and vaginal dryness, itching, and burning. They may also be used for a variety of other conditions as determined by your physician.

Side Effects: Side effects that may go away during treatment include nausea, stomach upset, bloating, headache, dizziness, or lightheadedness. Other adverse reactions may include breakthrough bleeding, breast-swelling, breast pain, fluid retention, weight gain, mood swings, depression, decreased libido, increased risk of gallbladder disease, increased risk of blood clots or stroke, and increased risk of breast or uterine cancer.

Dosage and Administration: This medication may be administered as oral capsules or drops, rapid-dissolving tablets, injections, and topical preparations. There is a wide range of dosage possibilities based on your personal estrogen levels and severity of symptoms.

Storage, Beyond Use Dating and Disposal: Most forms of estrogen should be stored at Controlled Room Temperature (68-77℉). The Beyond Use Date is a scientifically derived "expiration" date for each unique formulation, and storage depends on the stability of each individual formulation. Most estrogen forms are stable for three to six months after the compounding date, however, it is always best to refer to your medications label for specific storage and beyond use dating. Please refer to your medication label and auxiliary labels for specific storage requirements and beyond use dating. For information on medication destruction, please visit www.fda.gov and search how to dispose of unused medicines.

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4018 N. Lamar Blvd.	3801B S. Lamar Blvd.	2805 Bee Caves Rd., Ste. 416	13860 Research Blvd., Unit C	4120 Commercial Center Dr. #400
Austin, TX 78756	Austin, TX 78704	Austin, TX 78746	Austin, TX 78717	Austin, TX 78744
512.459.9090	512.444.8866	512.327.8877	512.219.9499	512.646.4007

www.PeoplesRx.com

Disclaimer: This Patient Information Sheet explains the proper use and storage of the described medication and is provided as a service to our customers. This guideline is a summary of information and is not intended to replace or act as an official drug monograph. Patients with further questions or concerns specific to this compounded medication should consult their pharmacist. Patients with questions regarding therapy not discussed above should consult their doctor.

Last update: December 2018