

Considerations for Compounded Hormone Prescriptions

Combinations of hormones are often prescribed, and many times there are terms that are commonly used in compounding that are not official terms.

1. When writing a prescription, it is important to be clear about:

- The **ratio** of the hormones that are being combined
- The **strength** of the individual hormones that are being combined

2. A common term to know when writing hormone prescriptions:

- **Bi-Est:** A mixture of two estrogens



Estriol



Estradiol

- Bi-Est can vary in **ratios** and **strengths**



50/50



80/20



70/30

3. Hormones can also be compounded into various dosage forms, like:



Creams/gels



Sublingual drops



Troches



Sustained-release capsules



Vaginal suppositories

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How it looks – Example Compounded HRT Prescriptions

1. For Creams/Gels:

- **Example 1:** Bi-Est 50/50 0.5 mg Topical Cream (or Gel) (VersaBase®)
 - Apply as directed
 - Dispense as written
- **Example 2:** Bi-Est 50/50 1 mg/Progesterone 50 mg Topical Cream (or Gel) (VersaBase)
 - Apply as directed
 - Dispense as written
- **Example 3:** Estriol 0.5 mg Vaginal Gel (MucoLox™/VersaBase)
 - Apply as directed
 - Dispense as written

2. For Troches/Capsules:

- **Example 1:** Bi-Est 50/50 0.5 mg/Progesterone 25 mg Troches (or Sustained-release capsules)
 - Use as directed
 - Dispense as written

3. For Sublingual Drops:

- **Example 1:** Bi-Est 80/20 1.25 mg Sublingual Drops
 - Use as directed
 - Dispense as written

Feel free to call us with any of your compounding questions.

