

# How to Write a Compounded Hormone Prescription

Combinations of hormones are often prescribed and many times there are terms that are commonly used in compounding that are not official terms. Therefore, when prescribing, it is important to be very clear about the ratio of the hormones that are being combined, as well as the strength of the individual hormones that are being combined.

## Common Terms Used on Hormone Prescriptions

### Bi-Est:

- A mixture of two estrogens: estriol and estradiol
- Can vary in ratios and concentrations. Some examples are listed below:
  - Bi-Est 50/50 1 mg (50% estriol/50% estradiol)
    - Each 1 mg provides 0.5 mg estriol and 0.5 mg estradiol
  - Bi-Est 80/20 1.25 mg (80% estriol/20% estradiol)
    - Each 1.25 mg provides 1 mg estriol and 0.25 mg estradiol

### Tri-Est:

- A mixture of three estrogens: estriol, estradiol and estrone
- Can vary in ratios and concentrations. Some examples are listed below:
  - Tri-Est 80/10/10 1.25 mg (80% estriol/10% estradiol/10% estrone)
    - Each 1.25 mg provides 1 mg estriol, 0.125 mg estradiol and 0.125 mg estrone
  - Tri-Est 70/20/10 1.25 mg (70 % estriol /20% estradiol /10 % estrone)
    - Each 1.25 mg provides 0.875 mg estriol, 0.25 mg estradiol and 0.125 mg estrone

**\*Please Note: There are many options for ratios and mg strengths for both Bi-Est and Tri-Est.**

Hormones delivered topically can be prescribed to deliver the specific amounts in various volumes depending on the patients' needs or prescribers' preferences. (Example: Bi-Est 50/50 1 mg may be compounded in volumes such as 0.25 mL, 0.5 mL or 1 mL.) Prescriptions should be written to specifically state the dose per volume. (Example: Bi-Est 50/50 1 mg/0.5 mL)

Hormones can also be compounded into various dosage forms other than topical creams or gels depending on the patients' needs or prescribers' preferences. (Example: Bi-Est 50/50 1 mg may be compounded in troches, various volumes of sublingual drops, vaginal suppositories, sustained-release capsules, etc.)

## HOW IT WOULD LOOK – Example Prescriptions

### Example Cream or Gel:

Bi-Est 50/50 0.5 mg/mL Topical Cream (or Gel)

Apply \_\_\_ mL \_\_\_ times/day\*

Dispense: \_\_\_ mL

Refills:

Or

### Example Cream or Gel:

Tri-Est 80/10/10 0.625 mg/mL/Progesterone 25 mg/mL Topical Cream (or Gel)

Apply \_\_\_ mL \_\_\_ times/day\*

Dispense: \_\_\_ mL

Refills:

PCCA's VersaBase Cream is especially designed for BHRT application, and is proven to deliver **more than four times as much progesterone** than the commercial base Vanicream®.†

### Example Troches/Vaginal Suppositories/Capsules:

Bi-Est 50/50 0.5 mg/Progesterone 25 mg Troche (or Vaginal Suppositories or SR Capsules)

Use (or Take) \_\_\_ Troche (or Vaginal Suppositories or Capsules) \_\_\_ times/day\*

Dispense: \_\_\_ Troches (or Vaginal Suppositories or Capsules)

Refills:

### Example Sublingual Drop:

Bi-Est 80/20 1.25 mg/mL Sublingual Drop

Use \_\_\_ drops (or mL) under the tongue \_\_\_ times/day\*

Dispense: \_\_\_ mL

Refills:

\* For cycling women, specify days of the month of use

† See the *Practitioner's Guide to Improved BHRT Outcomes*, PCCA Document #98454, for more information.