Areas of Specialty in Compounding

- BHRT (Bio-identical Hormone Replacement Treatment)
- Dermatology
- Discontinued Medications
- Men's Health (Andropause and Testosterone Replacement)
- Pain Management
- Pediatrics

COMPOUNDING IDEAS

DISCLAIMER: The formulations listed below are just a few compounding ideas for various areas of expertise. By no means is this an exclusive list and formulations may vary based on patient specific needs and prescriber requests.

BHRT Compounding Ideas

- Bi-Est 0.25 mg/0.5 ml Topical Cream (Estriol/Estrodiol 80/20)
- Bi-Est 0.5 mg, 0.25 ml Topical Cream (Estriol/Estrodiol 80/20)
- Bi-Est 1.5 mg Progestosterone 30 mg/0.5 ml Topical Cream (Estriol/Estrodiol 80/20)
- Bi-Est 2.5mg/0.5 ml Topical Cream (Estriol/Estrodiol 80/20)

BHRT Compounding Ideas

- DHEA 1.25 mg/ ml Topical Cream
- DHEA 5 mg to 25 mg capsules

BHRT Compounding Ideas

- Bi-Est 0.5 mg/0.25 mL Topical Cream (Estriol/Estradiol [50/50])
- Bi-Est 0.25 mg/0.5 mL Topical Cream (Estriol/Estradiol [80/20])

Bi-Est Compounding Ideas

- Fluconazole 1%/DMSO Topical Solution
- Nail Fungal Infections
  - Tea Tree Oil 5.4% Lavender Oil 1% Clotrimazole 1% Undecylenic Acid 5%
  - Ketoconazole/Tea Tree Oil/DMSO Antifungal Solution
- Skin Renewal (Applied 2 to 3 times per week for Skin Exfoliation)
  - Lactic Acid 7% (W/V)/Glycolic Acid 5.6% (W/V) Topical Solution
  - Hydroquinone 10% Tretinoin 0.05% Triamcinolone 0.1% Topical Cream 0.5%

Bleaching/ Skin Lightening

- Hydroquinone 4% Tretinoin 0.05% Urea 10% in Hydrocortisone 1% Cream
- Hydroquinone 4% Acetic acid 2% Salicylic Acid 5% in Bethamethasone 0.1% Cream
- Hydroquinone 5% Tretinoin 0.1% Tranexamic acid 0.1% Topical Gel or Cream
- Hydroquinone 5% Kojic acid 5% and Hydrocortisone 1% in Tranexamic Acid
- Hydroquinone 7% Kojic acid 5% in Clobetasol Cream
- Hydroquinone 8% Glycolic Acid 8% Tretinoin 0.15% in Hydrocortisone 0.5% Topical Cream
- Hydroquinone 10%

Skin Fungal Infections

- Clotrimazole 2%/Itraconazole 2% Tea Tree Oil 1% Topical Cream
- Ketoconazole 2% Tea Tree Oil/DMO Antifungal Solution
- Tea Tree Oil 5.4% Lavender Oil 1% Clotrimazole 1% Undecylenic Acid 5% Urea 10% Topical Cream

Nail Fungal Infections

- Itraconazole 1%/ketoconazole 2% in DMSO Nail Polish
- Acyclovir 1% Acyclovir/DMSO Topical Solution

Saliva Test kits are available for purchase at River Run Pharmacy. Tests available include:

- Hormone which has not yet been delivered to tissue.
- Hormone that better reflects tissue (bio-available) hormone levels. In contrast, a blood hormone level reflects hormone imbalance. Saliva hormone level measures hormone at tissue (cells) level. Because before undergoing a hormone replacement therapy, it is important to test for a hormone imbalance. This is best achieved using a saliva test. Saliva hormone testing is most useful for uncommon hormone imbalance. Saliva hormone levels measure hormone of tissue (cells) level. Because saliva reflects what actually gets into tissue rather than what might eventually get into tissue, if better reflects tissue (bio-available) hormone levels. In contrast, a blood hormone level reflects hormone which has not yet been delivered to tissue.

How to Write a Compounding Prescription

- Bio-Identical Hormones & Saliva Testing Kits

Bio-identical hormones have been used for over 20 years to meet the needs of women (in pre menopause, menopause and post menopause) and men (in andropause). Bio-identical hormone treatment helps both women and men to restore hormonal imbalance and help reduce or treat symptoms caused due to this imbalance.

Bio-identical hormones include Estrone (E1), Estradiol (E2), Progesterone, Testrosterone, DHEA and DHEA sulfate (DHEAS) and Pregnenolone. Our pharmacist work together with patients and prescribers to provide customized bio-identical hormone replacement therapy that provides hormones in the most appropriate strength and dosage form to meet each individual’s specific needs.

Bio-identical hormone treatment should be initiated carefully after an initial medical and family history has been reviewed. Every individual is unique and will respond to therapy in their own way, so close monitoring and medication adjustments are essential.

Before undergoing a hormone replacement therapy, it is important to test for a hormone imbalance. This is best achieved using a saliva test. Saliva hormone testing is most useful for uncommon hormone imbalance. Saliva hormone levels measure hormone of tissue (cells) level. Because saliva reflects what actually gets into tissue rather than what might eventually get into tissue, if better reflects tissue (bio-available) hormone levels. In contrast, a blood hormone level reflects hormone which has not yet been delivered to tissue.