

## **Estradiol/Testosterone 1mg/10mg/mL Topical Cream**

### **Visually Impaired**

If you are visually impaired and need help reading your label we can help. At your request, a prescription reader is available to patients in need. If you need help, please contact the pharmacy at 727-498-1228 and speak to a technician or pharmacist who will be able to advise you on your options and the cost. Additional charges do apply.

### **What is this medication?**

Estradiol/Testosterone 1mg/10mg/mL Topical Cream is a compounded hormone replacement therapy that combines estradiol (a form of estrogen) and testosterone (an androgen). This medication is typically used for: Managing symptoms of hormone deficiency in postmenopausal women or other individuals with low estrogen and testosterone levels. Gender-affirming hormone therapy for transgender patients. Supporting libido, mood, energy, and tissue health, particularly in cases of hormonal imbalance. It is applied topically to the skin and is absorbed systemically through the skin barrier.

### **What are the ingredients?**

**Active Ingredients:** Estradiol 1 mg/mL and Testosterone 10 mg/mL.

If you have any further questions or concerns about the ingredients used in your customized, compounded formulation, please contact one of our pharmacists at 727-498-1228.

### **What should I tell my healthcare provider before I take this medication?**

Inform your provider if you have or have had any of the following: Breast, uterine, or ovarian cancer. Blood clots, stroke, heart attack, or heart disease. Liver problems. Abnormal vaginal bleeding. Pregnancy or plans to become pregnant. Breastfeeding. Any allergies to medications or cream bases. Use of other hormones, supplements, or herbal products (e.g., St. John's Wort).

### **How should I use this medication?**

- Always follow your healthcare provider's specific instructions.
- Wash and dry your hands and the application site.
- Apply the prescribed amount of cream (often measured using a syringe, applicator, or by weight/volume) to the designated area—typically inner thighs, forearms, or vaginal area—as directed by your provider.
- Use at the same time each day for consistency.
- Do not wash the application site for several hours unless instructed.
- Avoid contact with others until the cream has absorbed.

### **What if I miss a dose?**

If you miss a dose, apply it as soon as you remember.

If it's almost time for your next dose, skip the missed one. Do not double the dose to catch up.

### **What may interact with this medication?**

Possible interactions include: Other hormone therapies (e.g., progesterone, testosterone). Certain seizure medications (e.g., phenytoin, carbamazepine). Antibiotics (e.g., rifampin). St. John's Wort (CYP3A4 inducer: make estradiol less effective). Blood thinners (e.g., warfarin).

Always check with your provider before starting or stopping any medication, including non-prescription products.

### **What side effect:**

**Common side effects may include:** Breast tenderness. Headaches. Nausea. Bloating. Mood changes. Skin irritation at the application site

**Serious side effects (seek medical attention immediately):** Leg pain or swelling (possible blood clot). Chest pain or shortness of breath. Severe headache or vision changes. Jaundice (yellowing of skin or eyes).

This list may not describe all possible side effects. Call your doctor for medical advice about side effects and any unusual problems while taking this medication. If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program, online ([www.fda.gov/Safety/MedWatch](http://www.fda.gov/Safety/MedWatch)) or by phone (1-800-332-1088)

### **What should I watch while using this medication?**

Monitor for signs of hormonal imbalance, mood changes, or adverse effects.

Regular check-ups (including breast and pelvic exams) are recommended.

Watch for any unexpected vaginal bleeding.

Avoid exposing others to the medication through skin-to-skin contact before the cream absorbs.

### **Where should I keep my medication?**

Store at room temperature, away from excessive heat, light, or moisture. Keep the cream in its original container, tightly closed. Keep out of reach of children and pets.

**Disposal:**

Do not flush or pour unused medication down the drain. The best option is to use a DEA-authorized drug take-back location, which you can find at [rxdrugdropbox.org](http://rxdrugdropbox.org). If that's not available, mix the medication (still in its vial or drawn into a syringe) with an undesirable substance like used coffee grounds or cat litter, seal it in a plastic bag, and discard it in the household trash—after removing any personal information from the label. Used syringes must be placed in an FDA-cleared sharps container and taken to an appropriate sharps disposal site. If you're unsure, contact your pharmacist at 727-498-1228 for guidance.

**OFFER TO COUNSEL NOTICE**

You are receiving this notice because you or your physician recently requested a compounded prescription to be filled by our pharmacy. You are entitled to receive medication counseling from one of our pharmacists regarding the following: Name and description of medication. Dose, route of administration, and duration of medication. Intended use of medication and expected action. Special directions and precautions for use. Common adverse effects or interactions. Techniques for self-monitoring. Proper storage. Prescription refill information.

You may contact a pharmacist at (727) 498-1228 Monday through Friday, 9AM to 5PM EST and Saturday 9AM-1PM EST.

PharmaLabs' notice of Privacy Practices may be viewed on the company website. You may view and acknowledge receipt of these offers or refuse your right to be counseled online at: <http://www.plabrx.com/offer>

Our pharmacists will be happy to discuss any additional questions or concerns you may have.

**NOTE:** This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.