

Estriol 0.3% / Sodium Hyaluronate 0.5% 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.

What is this medication?

This medication is a compounded cream that contains:

- Estriol 0.3% – a gentle estrogen used in dermatology to support skin elasticity, firmness, smoothness, and overall rejuvenation.
- Sodium Hyaluronate 0.5% – a form of hyaluronic acid that deeply hydrates the skin and helps retain moisture.

Together, these ingredients help improve skin hydration, texture, tone, and overall appearance, especially in aging or dry skin.

What are the ingredients?

- Estriol 0.3%
- Sodium Hyaluronate 0.5%

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?

Tell your provider if you:

- Are pregnant, planning pregnancy, or breastfeeding
- Have a history of hormone-sensitive cancers or conditions
- Are using other hormone-containing creams
- Have allergies to skincare ingredients, hormonal medications, or topical products
- Have open wounds, rashes, or active skin infections on the application site
- Use prescription skincare (e.g., tretinoin, steroids, antibiotics)

This medication is for external use only.

How should I use this medication?

Use as instructed by your provider. Massage gently until absorbed. Wash your hands before and after use. Avoid applying directly around the eyes, inside the nose, or on broken skin. Important: This medication is for your use only. Do not share with others.

What if I miss a dose?

If you forget a dose, apply it when you remember. If it is close to your next scheduled dose, skip the missed dose. Do not double-apply the cream.

What may interact with this medication?

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

Possible interactions include:

- Other topical hormone therapies
- Oral hormone replacement therapy
- Retinoids (retinol, tretinoin)
- Topical steroids or prescription dermatology products

Using too many active skincare products at once can increase irritation.

What side effect:

Most people tolerate this cream well. Possible side effects:

- Mild redness or irritation
- Warmth or tingling at the application site
- Dryness or peeling
- Rare: allergic reaction (rash, swelling, itching)

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) or by phone (1-800-332-1088)

What should I watch while using this medication?

If you experience severe irritation, rash, or swelling, stop use and contact your provider. Do not apply more often than prescribed. Wear daily sunscreen, as some active ingredients may increase sensitivity. Improvement in skin quality usually occurs gradually over several weeks.

Where should I keep my medication?

Store at **room temperature**, away from heat and direct sunlight. Keep the container tightly closed. Do not freeze unless your label states otherwise. 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. 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: <https://pharmalabs.com/privacy-policy/>

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.