

# Getting the Most from Your Hormone Therapy

## Topical Creams and Gels

1. **Rotate application sites.** If you apply the medication to the same area every time, the hormone receptors will become saturated and will not be able to absorb all the medication. For the best results, rotate the application sites among several locations on your body. Good sites include the inner arm, inner thigh, lower back, and stomach.
2. **Use a gentle touch to rub the product in completely.** These topical products are designed to be absorbed easily. Use a light touch similar to how you would apply moisturizing cream. If you are using a Topi-CLICK applicator, use the top of the applicator itself to apply the medication, and rub in for approximately 2 minutes. Wash your hands thoroughly with warm, soapy water.
3. **Allow the medication to dry completely.** After you have applied the medication, allow the application site to dry completely before getting dressed to avoid transferring the medication to the fabric.
4. **Do not share towels with other household members.** This will prevent any unabsorbed medication from accidentally being transferred to another family member.

## Troches/Lozenges/Sublingual Suspensions

1. **Use care when removing troches and lozenges from the tray.** Carefully remove by gently prying up a corner of the troche/lozenge with your finger.
2. **Do not chew or swallow these medications (unless directed).** These compounds are designed to deliver the medication to your bloodstream directly through the mucosal lining in your mouth.

**Troches/Lozenges:** Place the troche/lozenge in your cheek or under your tongue, and allow it to dissolve *slowly* (usually 10-15 minutes). **Do not swallow or chew.**

**Sublingual Suspensions:** Place the prescribed amount of sublingual suspension under your tongue and hold it there for 3-4 minutes; then swallow.

3. **Do not eat or drink anything for at least 30 minutes after taking these medications.**

## Storage Tips

Store at room temperature between 60-80° F. Keep away from moisture and sunlight. Like all medications, keep out of reach from children and pets.

## A Note about Side Effects

Hormone therapy is a very delicate process and may require adjustments to achieve the desired results. If you experience any of the following side effects, please discontinue use of the medication and call your provider. He or she may want to adjust the strength, dosage, or administration schedule.

- Breast tenderness
- Spotting
- Mood swings
- Excessive hair growth
- Acne

