

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Allergies: \_\_\_\_\_

Day Phone: (\_\_\_\_\_) \_\_\_\_\_ Evening Phone: (\_\_\_\_\_) \_\_\_\_\_

**Bio-Identical HRT Topical Cream Order Form – Check all that apply**

- Bi-Est \_\_\_\_\_ mg/day** Usual Bi-Est dosage range = 0.3125mg – 2.5mg topically/day  
Bi-Est formulation = 20% Estradiol (E2) + 80% Estriol (E3)
- Tri-Est \_\_\_\_\_ mg/day** Usual Tri-Est dosage range = 0.3125mg – 2.5mg topically/day  
Tri-Est = 10% Estradiol (E2) + 10% Estrone (E1) + 80% Estriol (E3)
- Estradiol (E2) \_\_\_\_\_ mg/day** Normal dosage range for Estradiol (E2) = 0.025 – 0.5mg per day topically
- Estriol (E3) \_\_\_\_\_ mg/day/dose** Estriol (E3) dose for vaginal dryness = 0.5 - 4 mg - administered 2-4 times weekly to the external vaginal mucosa, or intra-vaginally using a vaginal applicator
- Progesterone \_\_\_\_\_ mg/day** Normal dose range 10-25 mg/day topical. Slightly higher doses (~ 40-50mg/day may be used in pre-menopausal women)
- \*Testosterone \_\_\_\_\_ mg/day** Normal range 0.25 – 2 mg/day topical
- DHEA \_\_\_\_\_ mg/day** Normal range 0.5 – 5mg /day topical

**Administration / Mixing Instructions – check all that apply**

- Combine all ingredients into one cream and administer \_\_\_ daily or \_\_\_ days of the month, in one or two divided doses (“All-in-One” creams recommended for post-menopausal women only)
- Combine and Administer Estrogen +/- Testosterone +/- DHEA topically \_\_\_ daily or \_\_\_ days of the month, in one or two divided doses (recommended for pre-menopausal women or women who want to replicate a natural cycle. Requires separate progesterone administration)
- Administer Progesterone Separately on days \_\_\_\_\_ (usually given on days 15-26 of cycle for women who are still menstruating) Alternately for menstruating women, give a much lower dose of Progesterone in the follicular phase (1<sup>st</sup> half) of cycle and a higher dose in the luteal phase (2<sup>nd</sup> half) of cycle. Progesterone may causes drowsiness. Apply at bedtime.
- Special Dosing Instructions:**

- 60gm (2-mo supply)**  **90gm (3-mo supply)**  **120gm (4-mo supply)**  **Refill \_\_\_\_\_**  
 Creams will be prepared such that the application dose = 0.5-1gm (depending on drug concentration and application site)

Prescriber Signature: \_\_\_\_\_

Prescriber Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

State License: \_\_\_\_\_ DEA: \_\_\_\_\_ \* Required for Testosterone

Phone: (\_\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_\_) \_\_\_\_\_