

Carel's Pharmacy & Compounding Center

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Recap of Featured Prescription Compounds from January 2005 to May 2005:

Explanation of Compounding

Promethazine Gel is a topical gel applied to the inner wrist. It is usually given every six to eight hours and is dosed in strength like a suppository. It has a rapid onset, usually within 10 to 15 minutes and causes fewer side effects than oral or rectal forms. The gel is a preferred route of administration in all age groups and is commonly requested over suppositories.

Guaifenesin 600mg Extended-Release Capsules are a replacement for the original formula of Humibid LA. With compounded single ingredient Guaifenesin capsules, the physician can avoid unnecessary ingredients such as phenylephrine or pseudoephedrine and their associated side effects and risks (i.e. increased blood pressure, heart rate or drowsiness). The compounded Guaifenesin capsules are more cost efficient than the available over the counter items.

Topical Pain Control

Ketoprofen Gel is commonly used as a 10% to 20% formula with a pea-sized amount massaged into affected area three times daily. It is usually dispensed in a one or two ounce container. Ketoprofen Gel is especially useful on painful joints such as knees, elbows and/or wrists.

Ketoprofen 10%/Lidocaine 5%/Cyclobenzaprine 2%/Gabapentin 5% Gel is very useful for combination pain when inflammation and neuropathic pain are suspected. With neuropathic pain, a pea sized amount of the compound is applied to distal painful areas and the corresponding region of the spine three times daily and as needed up to six times daily.

Bio-Identical Hormone Replacement Therapy

Bi-Est 0.2mg/Progesterone 20mg/Testosterone 0.5mg in Cosmetic HRT Cream is the commonly used starting dose for menopausal patients. It is applied topically once daily to the inner arm, upper thigh or abdomen area. Note: Testosterone is optional based on absence or dysfunction of ovaries.

Estriol 0.05% in Cosmetic HRT Cream is commonly used to treat vaginal dryness with 1mL of the cream being applied at bedtime for 14 days then two to three times weekly as needed. It is also used commonly as adjunct therapy for urinary incontinence or frequency.

Pregnancy Related Medications

All Purpose Nipple Ointment is used to for treating painful nipples of varying etiologies, a common problem among breastfeeding mothers. It is generally applied to the affected breast(s) after each feeding or pump session. It should not be wiped or washed off prior to next feeding. This allows for treatment of thrush in the suckling child as well. This medication is dispensed in a 2 oz. jar, and costs less than 20 dollars.

Ketoprofen 1.7%/Lidocaine 2% Rectal Rockets are used to treat persistent hemorrhoids. For best results, one suppository is inserted into the rectum (leaving the base protruding) at bedtime for three nights. It is recommended that an undergarment protector be worn to shield clothing. These have proven most beneficial for new mothers after normal child birth or where external and internal hemorrhoids are present.

Warts

Deoxy-D-Glucose 0.2%/Ibuprofen 2%/Cimetidine 10% PLO Gel is a topical treatment used in the removal of warts. It is applied to the wart or warts three times daily for three weeks. Deoxy-D-Glucose acts as an anti-viral. Cimetidine helps to destroy or stop the reproduction of the virus. Ibuprofen used topically aids in the absorption of the other medications.

Salicylic Acid 40% Paste is a topical treatment used for the removal of warts. It is applied to the wart or warts two to three times daily until the wart is removed. The skin surrounding the wart should be protected from the Salicylic Acid Paste by application of a liquid skin protector.