



Provider Name:			
Address:			
Phone:		Fax:	
NPI:		DEA:	

Patient Name:			
Address:			
City:		State:	
Phone:		DOB:	

Electronic Compound Submission Instructions:

- Locate Long Beach Pharmacy in Long Beach WA
- Select ANY Commercial Drug
- In FREE TEXT note: compound XYZ per clinical justification

Provider Signature: _____ Date: _____

ADD: CBD Consultation- Pharmaceutical Grade CBD available in the following: Sublingual / Oral / Moisturizing Face Cream / Salve

BHRT (BIO-IDENTICAL HORMONE) COMPOUNDS

BHRT INGREDIENTS

- BI-EST: _____ mg (usual range = 0.3125mg -2.5mg /day) Bi-Est formulation= 80% Estriol (E3) + 20% Estradiol (E2)
- TRI-EST: _____ mg (usual range = 0.3125mg -2.5mg /day) Tri-Est formulation= 10% Estradiol (E2) + 10% Estrone (E1) + 80% Estriol (E3)
- ESTRADIOL (E2): _____ mg (usual range = 0.0025-2mg /day)
- ESTRIOL (E3): _____ mg (usual range= 0.5-4mg mg/day)
- PROGESTERONE: _____ mg (usual range= 25-200 mg /day)
- TESTOSTERONE: _____ mg (usual range 0.25-2mg/day)
- DHEA: _____ mg (usual range 0.5-5mg/day)
- OXYTOCIN: _____ mg (usual vaginal dose 200- 400 IU/ day)
- Hyaluronic Acid: _____ mg (usual dose 5mg/ day)

BHRT Pricing: (pricing depends on strength, estimates below)

Creams: \$45 (1-3 ingredients) / \$58 (4 or more ingredients)
 Troches: #30 (\$50-\$57 depending on strength)
 Capsules: 1 month \$\$40-\$45 / 3 month \$90 -\$105
 Vaginal Suppositories: 1 month \$45
 Addition of Oxytocin increases price depending on strength

To Save Even More:

Write for 4x the strength and reduce the volume to decrease patient spend

Formulation/ Sig:

- Cream (combine all ingredients in one cream/gram) Disp: 30 Day / 60 Day/ 90 Day _____ REFILL: 1 / 2 / 3 _____
 - Sig: Apply 1 gram every night at bedtime
 - Sig: Insert 1 gram vaginally every day for 2 weeks, then 2-3 times weekly thereafter
 - Alternate sig: _____
- Troche (combine all ingredients in one troche) Disp: 30 Day / 60 Day/ 90 Day _____ REFILL: 1 / 2 / 3 _____
 - Sig: Dissolve 1 troche under tongue every night at bedtime
 - Alternate sig: _____
- Capsule (combine all ingredients in one capsule) Disp: 30 Day / 60 Day/ 90 Day _____ REFILL: 1 / 2 / 3 _____
 - Sig: Take 1 capsule by mouth every night at bedtime
 - Alternate sig: _____
- Vaginal Suppositories (combine all ingredients in one supp) Disp: 30 Day / 60 Day/ 90 Day _____ REFILL: 1 / 2 / 3 _____
 - Sig: Insert 1 suppository vaginally at bedtime for 2 weeks then 2-3 times weekly thereafter
 - Alternate sig: _____

Special Dosing Instructions:
