• There is a growing need for compounded medications. Insurance claims for compounded prescriptions rose from 7.1 million prescriptions in 2012 to 9.7 million prescriptions in 2013.

• Pevely Rx, Inc. is an independent pharmacy with two locations in the St. Louis area.

• Pevely Rx, Inc. currently offers a compounding service for animal patients, but wants to expand the compounding service for human patients.

• Looked to get three compounds each for dermatology, low-dose naltrexone, and hormone replacement therapy.

• Called prescribers in the St. Louis area for information on prescriptions they have compounded most frequently.

• Researched the compounds to make patient education sheets, advertisement flyers for prescribers, and the recipe sheets for each compound.

HYDROCORTISONE 1%, HYDROQUINONE 6%, AND TRETINOIN 0.025% TOPICAL CREAM

Now offering compounding services for low-dose naltrexone for your patients!!

Low-dose naltrexone can be useful for patients with:
- Fibromyalgia
- Crohn’s disease
- Peripheral neuropathy
- Multiple Sclerosis
- Rheumatoid arthritis
- Opioid use disorder

Low-dose naltrexone has an immunomodulating and anti-inflammatory effect that makes it useful in treating chronic, neuro-inflammation diseases. It is generally well-tolerated by patients.

We currently offer the following preparations:
- Naltrexone 1 mg capsules
- Naltrexone 1 mg/mL suspension
- Naltrexone 4.5 mg capsules

The Medicine Shoppe is there for you and your patients’ compounding needs!

**METHODS**

- Looked to get three compounds each for dermatology, low-dose naltrexone, and hormone replacement therapy.
- Called prescribers in the St. Louis area for information on prescriptions they have compounded most frequently.
- Researched the compounds to make patient education sheets, advertisement flyers for prescribers, and the recipe sheets for each compound for each.

**RESULTS**

Compounds that made the final cut

**Dermatology**
- Hydrocortisone 1%, hydroquinone 6%, and tretinoin 0.025% topical cream

**Low-dose Naltrexone**
- Naltrexone HCl 4.5 mg capsules
- Naltrexone HCl 1 mg capsules
- Naltrexone HCl 1 mg/mL suspension

**Hormone Replacement Therapy**
- Testosterone 2% and 3% transdermal creams
- Estradiol 1%, estril 1%, and progesterone 5% transdermal cream
- Estradiol 10 mg/g transdermal cream

Hydrocortisone 1%, Hydroquinone 6% and Tretinoin 0.025% in Novumranit® Antiox

**Dosage Form:** Topical Cream

- **Formula Rx:**
  - **Ingredient:**
    - Hydrocortisone: 5 mg
    - Hydroquinone: 5 g
    - Tretinoin 5 mg/mL / Propylene Glycol Solution: (5.1 g)
  - **Hydrocortisone Microcrystalline: 1 g**

**Novumranit® Antiox, q.s., 100 g**

**Instructions For Preparations:**
1. Combine hydrocortisone, hydroquinone, and tretinoin 5 mg/mL, tretinoin 5 mg/mL, in a suitable size container, and then for 2-4 minutes at a medium speed.
2. Add up to 10 mg/mL Novumranit® Antiox mix in an additional 3-4 minutes.
3. Process through Three Roll/Orient Mill as needed.
4. Mix the compound again for 1 minute at a low speed mix, or by hand, and package in an appropriate device.

**Notes:**
- For optimal results, this formulation should be compounded using a mixing device to ensure through mixing. Flex, process through a three-roll/orient mill to reduce ingredient particle size, eliminate grittiness, and enhance the elegance of the final compound product. Finally, remix in a mechanical mixing device to ensure thorough dispersion.

**Storage:**
- Store at a controlled room temperature.
- Store in a tightly closed container.
- Protect from light.

**CONCLUSION**

• Calling prescribers for information on compunds may not be the best route.
• Expanding the compounding service can have a major impact on patient care in the St. Louis area.
• More work will be needed to keep expanding the service.

**REFERENCES**