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## BACKGROUND

- 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.


## 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.

## RESULTS

### Compounds that made the final cut

Dermatology	Low-dose Naltrexone	Hormone Replacement Therapy
Hydrocortisone 1%, hydroquinone 6%, and tretinoin 0.025% topical cream	Naltrexone HCl 4.5 mg capsules	Testosterone 2% and 3% transdermal creams
Betamethasone dipropionate 0.05% topical cream	Naltrexone HCl 1 mg capsules	Estradiol 1%, estriol 1%, and progesterone 5% transdermal cream
Adapalene 0.15%, benzoyl peroxide 3.1%, and clindamycin 1.2% topical cream	Naltrexone HCl 1 mg/mL suspension	Estradiol 10 mg/g transdermal cream



**HOURS:** M-F 9:00 a.m. to 6:00 p.m.  
Sat 9:00 a.m. to 1:00 p.m.  
Sun CLOSED

**South St. Louis County Location**  
7922 Mackenzie Rd St. Louis, MO 63123  
(Mackenzie Rd and Heege Rd next to Fortella's Pizza)  
Phone: 314-638-3535

**Jefferson County Location**  
8640 Commercial Blvd Pevely, MO 63070  
(Highway Z and 61/67 next to Dollar General)  
Phone: 636-479-6100

### 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
- Osteoarthritis

Low-dose naltrexone has an immunomodulating and anti-inflammatory effect that makes it useful in helping treat chronic neuro-inflammatory 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 capsule

We can compound a variety of doses to match your patient's needs.

We can also compound in a couple of dosage forms!

- Capsules
- Suspensions
- **FREE no contact delivery** to home, school, and work
- **Convenient drive-through**
- **Competitor price matching**
- **Online refills** at <https://pevely.medicineshoppe.com/> or <https://effton.medicineshoppe.com/>
- **And much more!**

Side effects of low-dose naltrexone may include:

- Anxiety
- Headache
- Vivid dreams
- Dizziness
- Insomnia
- Trouble concentrating
- Nausea
- Abdominal pain
- Diarrhea

**The Medicine Shoppe is there for yours and your patients' compounding needs!**

### Hydrocortisone 1%, Hydroquinone 6% and Tretinoin 0.025% in Nourivan™ Antiox

**Dosage Form:** Topical Cream

**Formula Rx:**

Ingredient	For 100 g	Lot #	RPh Initials
Hydroquinone	6 g		
Tretinoin 5 mg/mL / Propylene Glycol Solution	5 mL (5.18 g)		
Hydrocortisone Micronized	1 g		
Nourivan™ Antiox, q.s.	100 g		

### Instructions For Preparations

1. Combine hydroquinone, hydrocortisone, and tretinoin 5 mg/mL/propylene glycol solution in an appropriate size Unguator jar, then mix for 2-3 minutes at a medium mix speed.
2. Add step #1 to Nourivan™ Antiox then mix for an additional 3-4 minutes.
3. Process through Three Roll/Ointment Mill as needed.
4. Mix the compound again for 1 minute at a low mix speed, or by hand, and package in an appropriate device.

### Notes:

- For optimal results, this formulation should be compounded using a mixing device to ensure thorough mixing. Next, process through a three roll/ointment mill to reduce ingredient particle size, eliminate grittiness, and enhance the elegance of the final compounded 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 compounds 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

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