



Topical Hormones: Gels and Creams

Patient Instructions

Topical hormones come in a variety of dispensing devices. The most common devices include a pump, large syringe, Topi-Click, and single dose packets. When dispensing your hormone gel/cream it is important to understand how much you are supposed to apply.

Here is a breakdown of how standard dispensing devices measure:

Pump: 4 pumps = 1 ml

Topi-Click: 4 clicks = 1 ml

Syringe: Syringes are typically measured in increments so you can measure the amount you dispense by pushing the plunger 1ml. Syringes designed to dispense topical hormones do not require a needle, the cream is dispensed through a nipple at the bottom of the syringe. The syringe plunger is pushed down to dispense the cream in measured doses. Syringes typically have lines marking 1ml measurements and come in various sizes to accommodate dosage amounts. If you need assistance reading the measurements on the syringe contact Defy Medical.



How to convert your hormone strength from % to milligrams.

Sometimes pharmacists prefer to note the strength of the hormone cream in percentages rather than milligrams (mg). For example, it may be written on the label: Testosterone 10% gel 30ML. This is simply a different way of writing the strength. Here is how it works:

To convert the % into milligrams simply move the decimal to the right one time.

5% = 50 mg

10% = 100 mg

20% = 200 mg

Using testosterone 10% gel 30 ML as an example, we can interpret this to mean “testosterone 100 milligrams (mg) per milliliter (ml). There are 30 ml in the order which means you have thirty 100 mg doses. If you are prescribed to “apply ½ ml every day” this means you are applying 50 mg and your 30 ml supply will last 60 days. Remember, the cream is 100 mg per ml and you are applying ½ ml (50 mg). Contact Defy Medical staff if you need clarification on your dosage instructions.

Storage

Store your topical hormones at room temperature. Keep in the original closed container in a dark, cool, and dry place away from children. Discard unneeded medicine.

Be sure to follow the dosage prescribed by your doctor located on the medication label.