



**Jim O'Connor, Pharmacist**

918 S.W. Higgins • Missoula, MT 59803-1429

Phone (406) 549-4125 • FAX (406) 549-8310

Toll Free 1-888-820-8424

••• **PATIENT INFORMATION LEAFLET** •••

**DRUG NAME: Estriol cream and Biest or Triest Gel**

**COMMON USES:** These medications contain estrogen hormone used to provide female hormones when the body no longer produces enough. They are also used to help prevent osteoporosis (weakened bones). These medicines may also be used to treat cancer and other conditions as determined by your doctor.

**HOW TO USE THIS MEDICINE:** Follow the directions for using these medications provided by your physician. **TRY TO TAKE THIS MEDICINE** at the same time every day, not more than 24 hours apart. **STORE THIS MEDICATION** at room temperature in a tightly-closed container, away from heat and light. **DO NOT** store it in the refrigerator. These medications have a shelf life of 3 (three) months after which they lose effectiveness. For this reason, do not get more than three months supply at any time. **IF YOU MISS A DOSE OF THIS MEDICINE**, take the missed dose as soon as you remember the same day. Skip the missed dose if you do not remember until the next day. **DO NOT** double up the dosage.

**CAUTIONS:** **BEFORE YOU BEGIN TAKING ANY NEW MEDICINE**, either prescription or over-the-counter, check with your doctor or pharmacist. **FOR PATIENTS WITH DIABETES MELLITUS USING INSULIN**, this medicine may alter blood sugar levels and insulin requirements. Check with your doctor if you experience signs or symptoms of high blood sugar. **YOU MAY EXPERIENCE** absence of your menstrual periods while using this medicine. If you experience irregular menstrual periods, contact your physician. **YOU SHOULD PERFORM REGULAR** self-examinations of your breasts. If you have questions about how to perform monthly breast self-examinations, contact your doctor, nurse, or pharmacist. **DO NOT USE THIS MEDICINE** if you are pregnant. **IF YOU SUSPECT THAT YOU COULD BE PREGNANT** contact your doctor immediately. **IF YOU WEAR CONTACT LENSES** and you develop problems with them, contact your doctor.

**POSSIBLE SIDE EFFECTS:** A **SIDE EFFECT**, that may go away during treatment is nausea. If it continues or is bothersome, check with your doctor. **CHECK WITH YOUR DOCTOR AS SOON AS POSSIBLE** if you experience headache; vomiting; breakthrough bleeding, spotting, or change in menstrual periods; breast tenderness; weight change; swelling of the fingers or ankles; or darkening of the facial skin. If you notice other effects not listed above, contact your doctor, nurse, or pharmacist.

**Your Pharmacist Compounded This Medication Especially For You**