Estradiol (E2) Compound

Published: March 1, 2026

What is Estradiol (E2) Compound?

Estradiol (es-tra-DYE-ole) E2

- Estradiol is a hormone derived from soy or yams and may be given to patients who no longer produce a sufficient amount on their own.
- It may be used to reduce menopause symptoms (e.g., hot flashes, vaginal dryness).
- It may be used to help prevent bone loss.
- It may also be used for other conditions as determined by your doctor.

Compounded Drug Forms: tablet, capsule, fast-burst sublingual tablet, troche, suspension, cream, gel, ointment, topical solution, suppository, pellet

What should I tell my health care provider before I take this medicine?

- Allergy to estradiol
- Pregnant or breastfeeding
- Have undiagnosed severe vaginal bleeding
- Active cancer of the breast or uterus
- A history of blood clots, stroke, or heart attacks
- Smoking while using this medication may increase your risk of blood clots.
- Have liver dysfunction or disease

How should I use this medicine?

Follow the package directions provided by Belmar Pharma Solutions and by your prescriber. Your dosage is based on your medical condition and response to therapy. Follow the dosing schedule provided carefully.

Oral dosage forms may be taken with or without food. If it upsets your stomach take it with a small meal.

Sublingual formulations should be placed under the tongue or between the cheek and gums and held in place until fully dissolved. Avoid swallowing saliva to ensure best absorption into the blood stream. Avoid eating or drinking 15 minutes before or after taking sublingual formulations.

Topical products can be applied to the inner arm, upper thigh, back of the knee, tops of the feet and inner wrists. It is recommended to rotate sites to ensure even retention of the hormone. Cover treated skin with clothes to avoid contact with people or pets.

Vaginal preparations should be inserted using your finger or the applicator provided. Suppositories may leak and may be more convenient to use at bedtime.

What if I miss a dose?

- If you miss a dose take it as soon as possible.
- If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not take double the dose at once.

What should I watch for while using this medicine?

Belmar Pharma Solutions recommends yearly checkups with your provider including, but not limited to, a hormone level test, PAP smear and mammogram.

What side effects may I notice from receiving this medicine?

Possible side effects that may occur and may go away as your body gets used to the medication include:

- Headache
- Dizziness
- Stomach upset
- Constipation or diarrhea
- Bloating
- Weight changes
- Change in sex interest
- Breast tenderness

- Mood changes

Serious Side Effects: Contact your doctor immediately or seek medical attention if you experience:

- Chest pain
- One sided weakness
- Slurred speech
- Sudden loss/change of vision
- Swelling of the hands or feet
- Severe mental/mood changes (depression or memory loss)
- Heavy prolonged vaginal bleeding
- Lumps in the breast
- Liver problems

You may experience side effects not listed. Contact your doctor with questions.

An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, trouble breathing.

Contraindications

Hypersensitivity to estrogens or any component of the formulation. Estrogen therapy is contraindicated in liver dysfunction or disease, undiagnosed abnormal genital bleeding, current or history of deep vein thrombosis (DVT)/ pulmonary embolism (PE), arterial thromboembolic disease (such as stroke or heart attack), and thrombophilic disorders.

Where should I keep my medicine?

Store at room temperature between 59- and 86-degrees F, unless otherwise specified on the packaging.

Additional Information:

- Do not share this medication with others to whom it was not prescribed.
- Keep out of reach of children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

Consumer Information Use and Disclaimer: This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharma Solutions are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

NIOSH Drug: Observe special handling and disposal requirements.

Do not flush down a toilet or pour down a drain. Check with your pharmacist if you have questions about the best way to dispose of medications. There may be a drug take-back program in your area.

References: Estradiol. Lexi-Drugs. Lexicomp. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: http://online.lexi.com. Accessed February 2023.

Learn More About This Medication