

Where do you keep your compounds?

Are they in one place or throughout your house, cabinets, kitchen, bedroom, and other places? As a parent, grandparent, family member, or partner, it's important to keep your compounded medications organized. While you need to know where your compounded medication is when you need it, you also want to make sure your personalized compounded medications are secure so that a child, or a teenager, or even a stranger, does not get into them. In this way, you can help prevent an accidental exposure or even harm from a customized compound.

First, review all the compounded medications you have. Start by checking the beyond use dating on the container—you don't want to keep or use anything that is past its beyond use date. You should do this frequently, since compounded medications are made specifically for you to use right away. If you do store your compounds, watch for other signs that something in the compound may have changed during storage. Beyond use dating not only covers effectiveness of the medication but also the ability of the compound to inhibit microbial contamination.

Proper Disposal of Prescription Compounded Medications

APS Pharmacy and Federal Guidelines encourage patients to:

- Take unused, unneeded, or expired compounded medications out of outer containers (or at least remove your information) and dispose of medications in the trash.
- Controlled compounded medication may be mixed with an undesirable substance, such as used coffee grounds or kitty litter, and placed in impermeable, non-descript containers, such as empty cans or sealable bags, to prevent someone else using your medication.
- Dispose of hazardous contents/container in accordance with local/regional/national regulations.

Find the Proper Storage Place

Now that you've identified the compounded medications you want to keep the next step is to find a safe place to keep them. You'll want to store your medicine in an area that is convenient and meets the specific storage requirements for your compound. At minimum, aim for a place that is cool and dry – since heat and humidity can damage compounded medications. That's why a bathroom is not a recommended place to keep any medication unless you are able to keep the room extremely well-ventilated.

Some compounded medications must be stored in the refrigerator or even the freezer. While individual doses pulled into a syringe may be warmed slightly immediately prior to injection, do not allow the entire container to sit outside of the refrigerator for any length of time.

Also, make sure that compounded medications requiring light protection stay in their amber outer container to help protect from over-exposure to light.

Lock Up Your Compounded Medications

If there are children around, you might want to find an area where you can lock up your compounded medications. A cabinet or a drawer with a lock on it would work.

It's also an excellent idea to lock up any controlled substances that have been prescribed for you. These include compounded medications which contain:

- Testosterone Cypionate ■ Testosterone Enanthate
- Testosterone Propionate ■ Phentermine HCl

Since it is dangerous, as well as illegal, for anyone but you to use a controlled substance prescribed for you, a locked storage area can help keep a stranger or someone else from gaining access to them.

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Andropause Treatment

Testosterone levels vary greatly among men. Some men have a lower than normal testosterone level without signs or symptoms. In this case, no treatment is needed. However, if you are having uncomfortable symptoms of andropause, your doctor may prescribe medications to replace the hormones you are lacking. Testosterone replacement is the most common treatment and may provide relief from your symptoms. Your doctor will help you decide if testosterone treatment is right for you.

Testosterone replacement therapy may be accompanied by the addition of pregnenolone, DHEA, aromatase inhibitors, chrysin, and other supplements.

Making simple lifestyle changes like quitting smoking, exercising regularly, and reducing stress can help support your treatment and may be recommended by your physician as well.

Common Dosage Forms of Testosterone Replacement Therapy

At APS, our expert pharmacists compound bioidentical testosterone in a variety of dosage forms to suit specific conditions and individual patient preferences. These include:

- Oral Tablets
- Troches (Sublingual Tablets)
- Transdermal Cream
- Oral Capsules
- Pellet Implants
- Injections

How APS Can Help

APS compounds bioidentical hormones in a variety of dosage forms, strengths, and combinations to help you feel more like yourself again. We also dispense other medications that target specific issues like hair loss, dry skin, or low sex drive. We're focused on ensuring your doctor has the right medication available to fit your specific needs so that you can enjoy the best health and lifestyle possible.

If you are going through andropause, or are concerned about any of the symptoms mentioned, contact us for more information and start a conversation with your doctor. Together, you can decide if a compounded prescription from APS Pharmacy might be the right treatment for you.



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